



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

**Summer 2014
Quarterly Newsletter**

Benson County * 330 C Avenue * Minnewaukan (701) 473-5444

Eddy County * 24 8th Street N * New Rockford (701) 947-5311

Pierce County * 240 SE 2nd Street * Rugby (701) 776-6783

Website: www.LRDHU.com

HEATSTROKE SAFETY TIPS

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

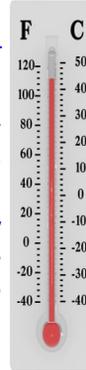
Reduce the number of deaths from heatstroke by remembering to **ACT**.

A: Avoid heatstroke related injury and death by never leaving your child alone in a car, not even for minute. Make sure to keep your car locked when you're not in it so kids don't get in on their own.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Go a step further: Create extra reminders and communicate with daycare.



Upcoming: Calendar Of Events

August-

- 1-31st National Breastfeeding Month
- 1-31st Immunization Awareness Month

September-

- 1st Labor Day; LRDHU Offices Closed
- 28th World Rabies Day
- 1-30th Fruit & Veggie Month
- 1-30th Ovarian Cancer Awareness Month

October-

- 19-25th Lead Poisoning Prevention Week
- 23-31st Red Ribbon Week
- 1-31st Breast Cancer Awareness Month
- 1-31st Healthy Lung Month



Find Us And "LIKE" Us On Facebook!
Lake Region District Health Unit
Immunization Schedules And Much More!

BACK-TO-SCHOOL VACCINATIONS: ARE YOU READY?

Summer is in full swing and parents of Kindergartners and 7th graders need to be thinking about school vaccinations. The ND State Immunization program has sent out reminder letters to parents of children who are behind on their "school shots". These vaccinations need to be completed before school starts this fall.

So what do Kindergartners and 7th graders need?

Kindergartners need documentation of: 5 DTaP, 4 IPV (Polio), 3 Hepatitis B, 2 MMR, and 2 Chickenpox

7th graders need documentation, also, of: 1 Tdap and 1 Meningococcal

Parents, please don't wait till the week before school starts to call for appointments for these vaccinations! All clinics, including Public Health are very busy getting your children in that week!! Do it now!

Most colleges require 2 doses of meningococcal vaccine for the incoming freshmen. That second dose is to be given after age 16. Don't wait, call today to schedule!

INTRODUCING...



Liz Bonney joined LRHDU as Tobacco Prevention Coordinator on July 1, 2014. Liz is a graduate of Andover College in Portland, ME where she received her Associates Degree in Business Administration.

Liz says she is thrilled to be working in her position because it allows her to help affect real change in both state and local tobacco prevention policy as well as on the tobacco education front.

In 2010 Liz moved to Devils Lake from Boston where she spent over 20 years in the music industry as an artist manager and concert promoter. In addition to being a self-proclaimed football fanatic (GO PATRIOTS!) she is a second year cast member of the Fort Totten Little Theater. Liz also loves horseback riding, cooking and entertaining.

THE SLOGAN FOR WBW 2014 IS: BREASTFEEDING: A WINNING GOAL FOR LIFE!

The theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding.

Breastfeeding is a 'team' process: mothers and babies form the core of the team, with family, friends, and others serving as team members, coaches, cheerleaders, and fans. Mothers have goals for breastfeeding and need the help and support of the whole team to achieve those goals. As with a sports game, there can be small successes and setbacks through the course of a family's breastfeeding experience, though striving all the time to win. The 2014 World Breastfeeding Week theme, "Breastfeeding: A Winning Goal – For Life!" celebrates the team effort needed to make breastfeeding easier.



World Breastfeeding Week is August 1-7

This year's theme also recognizes that there can be many teams supporting breastfeeding, including healthcare clinics, birthing facilities, child care providers, and employers. Uniting the efforts of all of these teams across the local or regional landscape to form **Team Breastfeed** can help everyone succeed with their goals.

BREAST CANCER AWARENESS



Breast cancer is the number one cancer diagnosed and the second leading cause of cancer deaths in women. A woman has a one in eight chance of developing breast cancer sometime in her life. Early detection is your best protection. If it is found and treated early, the five-year survival rate is 98 percent. Women's Way (a breast and cervical early detection program) may provide a way to pay for screenings including: regular clinical breast exams and mammograms along with pelvic exams and Pap tests. To see if you are eligible, call statewide at 1-800-449-6636 or locally, Deb Quiring, RN at 701-662-7037. October is National Breast Awareness Month.

TOBACCO-FREE PARKS FOR A HEALTHIER COMMUNITY

With many outdoor events in full swing, families will be spending lots of time outside and in parks this summer. Parks and other recreational facilities are established to promote healthy activities. Did you know that even in outdoor settings, secondhand smoke harms everyone and is dangerous?

Secondhand smoke is a known human carcinogen for which there is no safe level of exposure. Exposure to second hand smoke has immediate health consequences such as asthma attacks and other respiratory and cardiovascular diseases.

Not only is secondhand smoke dangerous, the cigarette litter is also dangerous. Discarded cigarettes pollute the land and water; and may be deadly if ingested by toddlers, pets, birds, or fish.

Tobacco-free policies help reduce litter and maintenance costs for recreational facilities. Tobacco-free policies also help to change community norms and promote positive community role modeling and protect the health, safety, and welfare of community members.

If you'd like to learn more about Tobacco-free parks, please contact Lake Region District Health Tobacco Prevention Program at 701-662-7022.



PET OWNERS—BE READY



Planning done today can help pets survive emergencies such as fire, flood or tornado. Assemble an animal emergency supply kit. Whether you stay put in an emergency or evacuate, you will need to make plans in advance for your pets. What's best for you is typically best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.

Plan in advance for shelter alternatives that will work for both you and your pets.

1. **PREPARE:** Emergency kits could include food, water, medicine and medical records, first aid kit, collar with ID tag, harness or leash, crate or other pet carrier, sanitation supplies, a picture of you and your pet, and familiar items.
2. **PLAN:** Create a plan to get away. Develop a Buddy System. Talk to your pet's veterinarian about emergency planning. Gather contact information for emergency animal treatment.
3. **STAY INFORMED:** Know about types of emergencies.

FAMILY PLANNING

Family Planning is here to assist women and men to understand and take responsibility for their reproductive health through education, counseling and medical services.

New Limited Hours

Monday: 8:00—12:00

Tuesday: 8:00—12:00 12:30—4:30

Wednesday: 8:00—12:30 12:30—4:40

www.ndhealth.gov/family-planning

701-662-7046

*We would like to Thank the LRDHU Board of Health
for signing a resolution in support of
Comprehensive Tobacco-Free
School Policies in North Dakota.*

Lake Region District Health Unit

Salutes Our Board Of Health Members

Dr. Paul Fetterly, Health Officer

Michael Steffan, Benson County

Curtis Hvinden, Benson County

Neal Rud, Eddy County

Glenda Collier, Eddy County

Mike Christenson, Pierce County

Duane Johnston, Pierce County

Elonda Nord, Ramsey County

Myrna Heisler, Ramsey County

