



Public Health
Prevent. Promote. Protect.

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 2016
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

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Website: LRDHU.com

FLU SHOT CLINIC—WALK IN—NO APPOINTMENTS NEEDED! OCTOBER 4TH!

Lake Region District Health Unit (LRDHU) will be conducting a **Mass Influenza Immunization Clinic** that is open to the public; no appointments are necessary. The flu shot clinic will take place on **Tuesday, October 4th** from **4 p.m.—7 p.m.**, located at the **Devils Lake High School Gymnasium**.

Flu shots will be given to ages six months and up. Those planning to receive their flu shot are asked to bring their Medicare card, Medicaid card, insurance card, or other form of payment to the registration area. Wearing short sleeves is recommended.

The mass vaccination clinic is being held as part of an emergency response exercise. LRDHU Emergency Response Team will be working with the nursing staff, led by Annette Groves, RN, DON to run the Point of Dispensing, or "POD," exercise.

The objectives of this mass vaccination POD are to:

1. Vaccinate as many people as possible to help in reducing the spread of the flu
2. To exercise and test the flow and design of a mass vaccination clinic as a POD



The regional public health staff, student nurses and other community volunteers will participate in the exercise and will receive an assignment to fulfill during the influx of patients. Such positions include greeters, security, medical screeners, vaccine administrators and other support positions. This is an opportunity to test the health unit's capabilities during an actual emergency scenario. We need your help to make this influenza clinic and POD exercise a success. This event is designed to help us think through possible scenarios and exercises to sharpen our responses in the event of an actual public health emergency.

And most importantly, to keep our community healthy!!

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
- 5th Labor Day; LRDHU Offices Closed
- 11th Grandparents Day
- 28th World Rabies Day



October:

- 1-31st Breast Cancer Awareness Month
- 4th Mass Influenza Immunization Clinic
- 17-23rd Radon Action Week
- 23-31st Red Ribbon Week
- 27th Car Seat Check—Lake Chevy 3-6pm



Program the Poison Help line into your cell phone.

1-800-222-1222

OCTOBER 17th – 23rd IS NATIONAL RADON ACTION WEEK

The third week of October is designated to share awareness about the dangers associated with radon. North Dakota is one of the most at-risk states for health issues caused by radon. Radon is a naturally occurring, invisible, odorless gas that causes lung cancer when exposed to elevated levels. It's radioactive, which makes it a public health threat.

Radon is not something that is more prevalent in older homes. It's not about age, it's not about ventilation. Any home can have a high reading. Homes that test really high can be right next door to homes that are really low. There are no visible factors to let you know if you are at risk for radon.

Testing for radon in your home is easy and inexpensive, and if discovered, can be fixed. Testing is as easy as opening a package, placing the detector in a designated area, and sealing the detector in the package and mailing it to the lab.

For more information regarding radon: <http://www.epa.gov/radon/>
Lake Region District Health Unit has FREE radon test kits available.



TOBACCO INITIATIVE A WIN-WIN

On June 16, the Raise It for Health North Dakota Coalition submitted over 22,000 signatures to the North Dakota Secretary of State's office in an effort to place a tobacco tax initiated measure on the November 8th ballot.

If the initiative is approved, voters will be given the chance to determine the outcome at the ballot box. The measure proposes to increase cigarettes from 44 cents per pack to \$2.20. Other tobacco will increase from a rate of 28% of the wholesale purchase to 56%.

A joint report from the Campaign for Tobacco Free Kids and the American Cancer Society Cancer Action Network shows that the increase could reduce youth smoking by 20% and prevent 5,800 youth from ever starting.

New funds received from the increase would go to North Dakota Veterans Programs, Behavioral Health Programs, Local Public Health Units and Chronic disease.



The measure, if passed, will only impact new revenues generated from the increase. Current revenues will continue to go to the state's general fund and back to North Dakota cities.

FLU MIST WILL BE MISSED

An announcement from the Centers for Disease Control and Prevention: the nasal flu vaccine—a favorite for needle-phobic kids and once seemingly more effective for children—is now not recommended at all for the 2016-2017 flu season, due to significantly reduced response rates.

This announcement is actually good news in at least one respect: it shows just how much the committee is staying up to date with the most recent data, continually re-evaluating the evidence. It is a constant reassessment and course correction as needed when new evidence emerges.

Lake Region District Health Unit will follow the recommendations of CDC and will not have the nasal vaccine available.



WELCOME RONDA SCHELL, RN



Ronda Schell, RN earned her Associates of Applied Science Nursing Degree at LRSC and BSN degree through Grand Canyon University. Ronda has over 15 years of experience in healthcare including Long Term Care, Home Health and now Public Health. She's excited for a new experience in nursing. She loves education and in Public Health that is a big part of what we do everyday; educating and promoting healthy lifestyles.

Ronda is married to Randy Schell and has two children, Morgan and Maxwell. She has lived in Devils Lake since 2000. In her spare time she enjoys gardening and spending time with her family.

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.



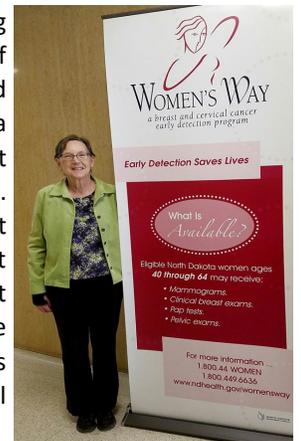
It's important to remember that rabies is a medical urgency. Decisions should not be delayed.

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.

October is National Breast Cancer Awareness Month

October is dedicated to increasing awareness about the importance of early detection of breast cancer and of reminding women to get a mammogram and clinical breast exam on a regular schedule. Statistics show that one out of eight women in North Dakota will get breast cancer in her lifetime. Breast cancer is the second leading cause of cancer deaths. Early detection is your best protection and is crucial to survival outcomes.



Women's Way may provide a way to pay for clinical breast exams, mammograms, pelvic exams and Pap tests, for eligible women ages 40-64. Due to a gap in coverage for younger women who need preventative services but cannot afford to pay for them, expansion of program eligibility for women 21-39 years of age who meet specific eligibility requirement was initiated.

For more information, call the toll-free number 1-800-449-6636 (ND Department of Health), visit *Women's Way* website www.ndhealth.gov/womensway or locally, call Deb Quiring, RN 701-662-7037 (LRDHU). You may also contact Lake Region Family Planning Program 701-662-7046 if you are in need of preventative health care services. The Nurse Practitioner may provide *Women's Way* exams from referrals of eligible women. You need to be enrolled in the *Women's Way program* before services are done.

GRILLED DESSERT

Grilled fruit makes for a delicious summer snack, dessert, side dish or even as a topping for meat or fish.



Grilling fruits causes the natural sugars to caramelize, which highlights their sweetness and adds a deep, smoky flavor.

Adding fruits to your barbecue menu is a great way to help consume the recommended servings.