



**Public Health**  
Prevent. Promote. Protect.

# Cavalier County Health District

Cavalier County Health District

JUNE 2023

## COVID-19 Updates

### Vaccine Updates

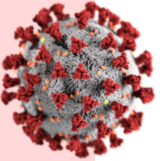
**Everyone aged 6 years and older** should get 1 bivalent Pfizer-BioNTech or Moderna COVID-19 vaccine to be up to date.

**People aged 65 years and older** may get a 2nd dose of bivalent Pfizer-BioNTech or Moderna COVID-19 vaccine.

**People who are moderately or severely immunocompromised** may get additional doses of bivalent Pfizer-BioNTech or Moderna COVID-19 vaccine.

**Children aged 6 months–5 years** number of doses needed are dependent on age and vaccine type.

**For more information visit:** <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html> or call CCHD at (701)256-2402.



### Covid-19 Self Testing Kits

Covid-19 at-home testing kits continue to be available **FREE** of charge at Cavalier County Health District. **For more information about self-testing please visit:** <https://www.hhs.nd.gov/health/coronavirus/home-or-self-testing-guidance>



**Rapid NAAT Covid-19 testing** is available **BY APPOINTMENT ONLY.**

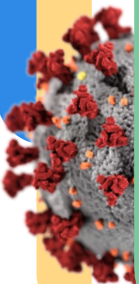
### Covid-19 Isolation and Precautions

- If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. If your symptoms are improving and you are fever-free without medication, you should mask from day 6-11 OR take 2 home tests, 48 hours apart. If both are negative, you may remove your mask sooner.
- If you were exposed, mask immediately for 10 days, monitor symptoms, and test around day 6 after exposure.

**For more information visit:**

*Isolation:* <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

*Exposure:* <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>



# Public Health Funding Working in our Community

## Take Down Tobacco

CCHD partnered with LAHS for Take Down Tobacco Day. On March 31, 2023, LAHS students rallied together to learn more and call out big tobacco for targeting kids with flavored products like e-cigarettes and menthol cigarettes.



Learn more about Take Down Tobacco Day of Action at:  
<https://www.takedowntobacco.org/day-of-action>



Reading at LAES and St. A's



Preschool Screening in Munich



Dental Education at LAES and St. A's

## CCHD Staff Educating Local Youth



## Car Seat Check-up Event

On May 10, 2023, Safe Kids Grand Forks held a car seat check-up event at the Cavalier County Courthouse. Safe Kids had a great turnout for the event. They were able to inspect 10 car seats and **ALL** of them were installed and/or being used incorrectly.



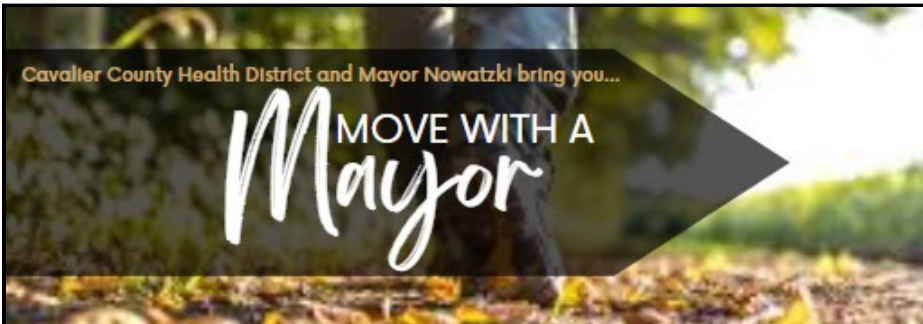
## Youth Safety Day

Progressive Agriculture Safety Day was held on May 22, and drew 116 children in grades 3-6 from Langdon Elementary School for a half-day session on how to take responsibility for their own safety and health. According to Steph Welsh with Cavalier County Health District, children learned how to identify safety hazards and to make safer, healthier decisions.

Hands-on experiences led by local community members and regional volunteers taught participants about life-long safety lessons. The safety day was sponsored by the Progressive Agriculture Foundation and its sponsors. Safety Day included presentations and activities in the following areas: grain safety, farm yard safety, farm equipment safety, ATV safety, sun safety, first-aid, fire safety, and bike/helmet safety.

The safety day's success is due in large part to the generous support of many organizations and volunteers including Langdon Fire Dept., Langdon Ambulance, Cavalier County Sheriff's Dept., NDSU Extension, ND Safety Council, Safe Kids Grand Forks, and Langdon Area Elementary.





**Location:** Langdon City Park  
**Time:** 7:30am

- June 27:** Mayor Nowatzki - Street Project
- July 11:** Bailey Reiser, NDSU Extension - Horticulture & Weeds
- July 25:** Brenna Swanson, Dietician @ LPH - Diabetes
- August 8:** Meet Michelle Skillings, Chief Nursing Officer @LPH
- August 22:** Meet Shane Gallagher, Cavalier County Sheriff
- September 5:** TBD
- September 19:** Katie Henry, NDSU Extension - Canning/Freezing

Walkers should meet at the picnic pavilion at Langdon Park for a 1 mile walk

**CCHD and Mayor Nowatzki look forward to seeing you on these walks!**



## Alcohol-Free Events

### June

- Summer Concert Series  
at Boyd Block– Langdon  
*June 1st, 8th, & 15th @ 7pm*
- Frost Fire Park  
ENCORE Arts Camp  
*June 5th–9th*  
Register at:  
[frostfirepark.org/encore-camp](http://frostfirepark.org/encore-camp)
- Missoula Children’s Theatre at Milton’s Little Star Theatre  
**Auditions:**  
*June 12th@10am*  
**Showtimes:**  
*June 16th@7 pm*  
*June 17th @2pm*

### July

- Art Day Camp with Mindy Lill  
*July 12th and 13th*  
For more information and to register visit:  
[our.show/NLAC/artdaycamp](http://our.show/NLAC/artdaycamp)
- Twins Youth Baseball Clinic  
*July 29th in Langdon*  
For more information and to register visit:  
[PlayBallMN.com](http://PlayBallMN.com)

### August

- Movie at Boyd Block—Langdon  
*August 3rd at dusk*
- Frost Fire Park  
ENCORE Drama Camp  
*August 7th–11th*  
Register at:  
[frostfirepark.org/encore-camp](http://frostfirepark.org/encore-camp)

### ALL SUMMER

- Langdon Pool
- Sarles Pool
- The Roxy Theatre

**Find them on Facebook to learn more!**





# Farm TO TABLE

## Community Garden Box Project

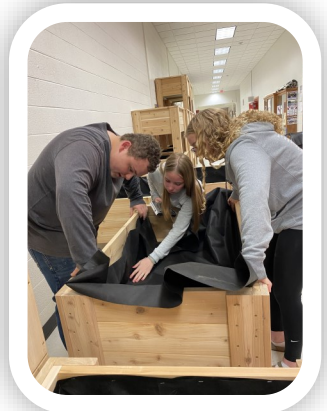
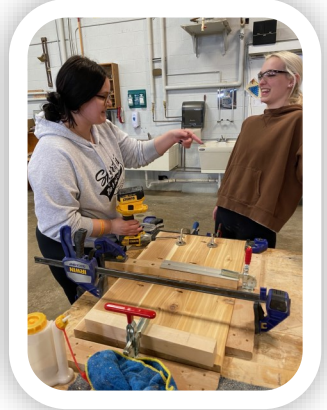
A Cavalier County Health District Collaborative with LAHS and NDSU Extension - Langdon

### GARDEN BOX LOCATIONS:

- Cavalier County Courthouse**
- Wheatland Estates**
- Maple Manor Care Center**
- Northern Valley Human Service Zone - Langdon**
- Cavalier County Senior Meals and Services**
- Milton CHS**
- Osnabrock Community Living Center**
- First Insurance- Munich**
- Langdon Area High School**
- Langdon Elementary School**



Garden Box Project partners encourage Cavalier County residents to check out the garden boxes and take advantage of the FREE produce when it is ripe.



Since the fall of 2022 Cavalier County Health District (CCHD), Langdon Area High School (LAHS) Technology and Engineering Department, LAHS Family and Consumer Sciences (FCS) Department and NDSU Extension have partnered to build and place community garden boxes. This partnership was made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. The goal of this project was to teach LAHS students about farm to table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed.



**Public Health**  
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**Cavalier County Health District**

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Langdon, ND 58249

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Fax: 701-256-5765



**Our Mission...**

**Cavalier County Health District**  
is committed to promoting healthy  
lifestyles, preventing disease and protecting the  
environment.

**Our Vision...**

**Healthy Choices**  
**Healthy People**  
**Healthy Community**

[cavaliercountyhealth.com](http://cavaliercountyhealth.com)

[facebook.com/cavaliercountypublichealth/](https://facebook.com/cavaliercountypublichealth/)

[instagram.com/cchd\\_langdon/](https://instagram.com/cchd_langdon/)



CCHD **NEW** Summer hours are  
**Mon—Thu 8am—4:30pm**  
**Fri 8am—12pm**  
(Effective May 26th—September 1st)



## Immunization Honor Roll

The North Dakota 2023 first quarter **Infant Honor Roll** is based on the provider quarterly immunization rate reports and recognizes those providers who have met or exceeded the North Dakota Immunization Target of 80% coverage for the complete vaccine series.

***Cavalier County Health District has been recognized by the North Dakota Immunization Program for 100% of infants being fully vaccinated in Quarter 1 of 2023.***

The North Dakota **Pediatric Honor Roll** for the first quarter of 2023 is based on the provider quarterly immunization rate reports and recognizes providers who have met or exceeded the North Dakota Immunization Target of 85% coverage.

***Cavalier County Health District has been recognized by the North Dakota Immunization Program for 100% of Kindergarteners being fully vaccinated by age 6 in Quarter 1 of 2023.***

While the staff at CCHD are honored and proud to be recognized on the North Dakota Immunization Honor Roll, **the real honoree is YOU!** Thank you to our community members for getting yourselves and your children vaccinated and helping our community stay safe and healthy.

***Thanks to all of you, ALL Cavalier County Schools have reached an incredible 100% vaccination rate for Kindergarteners for the 2022-2023 school year.***