



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

# Cavalier County Health District

Cavalier County Health District

SEPTEMBER 2023

## **\*NEW\* Free Sharps Disposal Box**

Langdon Prairie Health and Cavalier County Health District have teamed up to introduce a new sharps disposal box. This box is intended to promote the safe and responsible disposal of medical supplies which have sharp points or edges. It is a free and anonymous service that is easily accessible to the public. The sharps box is conveniently located in the Langdon Prairie Health parking lot, mounted outside the clinic building near the ramp, and is available 24/7. The primary objective of the sharps box is to reduce the risk of infectious disease and injury caused by unintended sharps accidents. It is designed for disposing of items such as syringes, needles, lancets, fingerstick devices, auto-injectors, infusion sets, connection needles, and scalpels. Please keep in mind that sharps should be placed in a small container and then disposed of in the sharps container. The box is intended only for sharps and should not be used for medications, trash, or any other objects.



Thank you for your cooperation and dedication to responsible disposal practices. If you have any questions or need more information, please don't hesitate to reach out to Langdon Prairie Health or Cavalier County Health District.



Cavalier County Health District recommends all individuals 6 months of age and older receive an influenza vaccine this season to prevent getting the flu. Influenza is an illness characterized by fever, body aches, cough and sore throat, not the “stomach flu” people often think of. Influenza illness can be particularly severe in the very young, very old, or individuals with other health conditions like heart disease, lung disease, and diabetes.

**Please see *Clinic Schedule* on page 3.**

# RSV SEASON IS RIGHT AROUND THE CORNER.

It's time to  
**GET VACCINATED!**  
If you are age 60 or over, you are eligible  
for RSV vaccine.



RSV vaccine is available for those **60 years of age** and over at Cavalier County Health District (CCHD) and is covered by private insurance and most Medicare Part D prescription drug plans. **To schedule your immunization, please call CCHD at (701)256-2402**



## REMINDER:

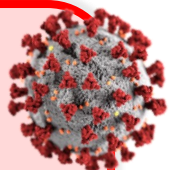
North Dakota Law requires all students entering kindergarten and thru the 12th grade be up to date on required vaccinations for school. Routine vaccinations are due when entering **Kindergarten, 7th grade, and 11th grade.**

To schedule your child's vaccines please call **Cavalier County Health District**  
(701) 256-2402.

## COVID-19 Vaccine Updates

**THERE WILL BE AN UPDATED MONOVALENT COVID-19 BOOSTER RECOMMENDED IN MID TO LATE SEPTEMBER.**

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





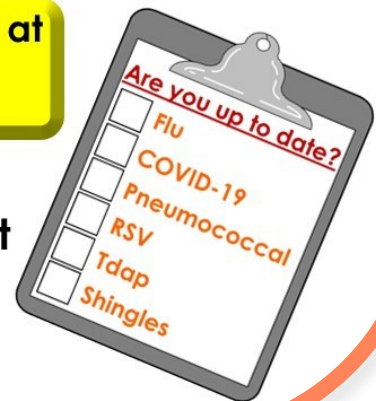
# Fall Vaccine Clinics

September 21	Munich Ambulance Center	9:00am—10:00am	
September 25	CCHD Office	8:00am—4:30pm	
October 2	CCHD Office	8:00am—4:30pm	
October 4	Cavalier County Senior Center	11:00am—12:30pm	
October 5	Wales Hall	10:00am—11:00am	
October 6	Osnabrock Fire Hall	8:30am—9:30am	
October 6	Nekoma Pain Reliever	10:30am—11:30am	
October 9	CCHD Office	8:00am—4:30pm	
October 9	Calvin Farmer's Union	8:45am—9:45am	
October 12	CCHD Office	8:00am—4:30pm	
October 13	Sarles American Legion	9:00am—10:00am	
October 16	CCHD Office	8:00am—7:00pm	Open Late!!
October 17	Alsen Elevator	8:45am—9:45am	
October 19	Munich Ambulance Center	9:00am—11:00am	
October 20	CCHD Office	8:00am—4:30pm	
October 24	CCHD Office	8:00am—4:30pm	
October 27	Milton Fire Hall	10:00am—11:00am	
October 30	CCHD Office	8:00am—4:30pm	
October 30	Hannah Café	10:30am—11:30am	
November 1	Munich Ambulance Center	9:00—11:00am	
November 2	CCHD Office	8:00am—4:30pm	
November 8	CCHD Office	8:00am—7:00pm	Open Late!!
November 13	CCHD Office	8:00am—4:30pm	
November 16	Munich Ambulance Center	9:00am—10:00am	
November 22	CCHD Office	8:00am—4:30pm	

**Curbside vaccination available upon request**



**Save time! Fill out your forms ahead at [tinyurl.com/CCHDVacc](https://tinyurl.com/CCHDVacc)**



**Cavalier County Health District  
(701) 256-2402**

# Farm TOTABLE

## 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 City Park**
- Osnabrock Community Living Center**
- First Insurance- Munich**
- Langdon Area High School**
- Langdon Elementary School**

The community garden boxes in Cavalier County are flourishing! Visit a garden box near you and if there's any remaining produce, we'd appreciate it if you could help us by harvesting it and enjoy the health benefits of fresh fruits and vegetables for free.



Use NDTip to submit an anonymous tip to law enforcement about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways.

### Upcoming Alcohol-Free Events

#### September

- **Farmers Market**  
Every Thursday from 4-6pm  
*Located at St. A's park across from the courthouse.*

#### October

- **Langdon Truck or Treat**  
October 31st

#### November

- **Langdon High School Concert**  
November 2nd at 7:30pm
- **Langdon Pop/Jazz Concert**  
November 28th at 7:30pm



**SAVE A LIFE.**

**GET NALOXONE TRAINED.**

**ANYONE CAN SAVE A LIFE** during an opioid overdose **WITH NALOXONE**, a front-line defense in the nation's opioid crisis. Naloxone is a life-saving drug that, when sprayed into the nose or injected, quickly reverses the powerful effects of opioids during an overdose. **FREE Narcan and Narcan training** is available at Cavalier County Health District (CCHD). To schedule your free training and obtain free Narcan, call CCHD at 701-256-2402.



Life.ND.gov is now available! The website is an information hub for pregnancy and parenting resources. You will find information and links to financial assistance and other human services, parenting information, maternal and childbirth life services, planning guidance, care centers and agencies, and other available public and private resources. These resources are intended to educate and guide expectant families and new parents in North Dakota.

**READY TO QUIT VAPING?**

text **VAPEFREEAL** to **88709**



Join the 400,000 using This is Quitting.

### Langdon Living Local App

Have you felt in the dark about what is going on in our community? Ever wish there was one place where you could find most everything you needed to know about events and community alerts? Well, no need to be in the dark any longer because there is a Langdon, ND Living Local app in your app store that includes school and community calendars as well as important community alerts and vital health information.





## Public Health

Prevent. Promote. Protect.

### Cavalier County Health District

901 3rd St. Suite #11  
Langdon, ND 58249

Phone: 701-256-2402

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 is back to normal business hours

**Mon—Fri 8am—4:30pm**

**(Effective September 1st)**

### 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>

