



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

# Cavalier County Health District

Cavalier County Health District

MARCH 2024

## Public Health Working in our Community

### School Dental Education

Cavalier County Health District is committed to promoting oral health in Cavalier County. One of the ways we do this is by providing annual dental education at all three elementary schools in our county. Our goal is to guide children towards healthy smiles by teaching the correct toothbrushing steps and emphasizing the importance of oral care.

At the end of our lesson, each child receives a free toothbrush as well as other oral care items.



### Responsible Beverage Server Training

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department and the North Dakota Safety Council offered Responsible Beverage Server (RBS) training to Good Times Bar in Osnabrock and Howatt Hangar at Frost Fire Park in Walhalla this quarter. RBS training is state-approved and designed to educate owners, managers, and servers on best-serving practices and state laws. We would like to thank the owners and staff of Good Times Bar and Howatt Hangar for taking a huge step in ensuring a safer space for its patrons.



### Tech Classes



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### IS IT FAKE?

How to identify malicious social media posts/activities

#### March 6th :

Munich Fire Hall @ 9 am  
Cavalier County Senior Meals in  
Langdon @ 2:30 pm

#### March 7th:

Walhalla Senior Center @ 1 pm

\*Pre-Registration is not required

# VACCINATIONS BY AGE

## LEGEND

**Hep B:** hepatitis B  
**Hep A:** hepatitis A  
**DTaP & Tdap:** diphtheria, tetanus, and pertussis  
**IPV:** polio  
**Hib:** haemophilus influenzae type b  
**PCV 20:** Pneumonia  
**MMR:** measles, mumps, rubella  
**Varicella:** chickenpox  
**MCV4 & MenB:** meningitis  
**RSV:** respiratory syncytial virus



## AGES 0-6:

BIRTH	Hep B					
2 MONTHS	Hep B	DTaP	IPV	Hib	PCV20	Rotavirus
4 MONTHS	Hep B	DTaP	IPV	Hib	PCV20	Rotavirus
6 MONTHS	Hep B	DTaP	IPV	Hib	PCV20	Rotavirus
12 MONTHS	PCV20	MMR	Varicella	Hep A		
15-18 MONTHS	DTaP	IPV	Hib	Hep A		
4-6 YEARS	DTaP	IPV	MMR	Varicella		

\*\*\* Eligibility for seasonal RSV monoclonal antibodies begins at birth if mom was not vaccinated during pregnancy.  
 \*\*\* Seasonal vaccines including Flu and COVID-19 vaccination eligibility begins at 6 months of age.



## PREGNANCY

**BEFORE** getting pregnant, make sure you are up to date on MMR vaccination.

**DURING** pregnancy, it's important to get Flu, Tdap, COVID-19, and RSV vaccinations.

**AFTER** the birth of your baby, if you haven't received your Tdap or COVID-19 shots you should get vaccinated right away. Ensure those around you and your baby are also vaccinated for FLU, COVID-19, and Tdap.



## AGES 7-18

- + Annual Flu
- + Annual COVID-19

### AGE 11:

- + MCV4
- + Tdap
- + HPV (2 dose series)

### AGE 16:

- + MCV4
- + Men B (2 dose series)



## AGES 19-24

- + Annual Flu
- + Annual COVID-19
- + Tdap (every 10 years)



## AGES 25-64

- + Annual Flu
- + Annual COVID-19
- + Tdap (every 10 years)
- + Shingles (after age 50)
- + RSV (after age 60)



## AGES 65 & UP

- + Annual Flu
- + Annual COVID-19
- + PCV 20
- + Tdap (every 10 years)
- + Shingles
- + RSV

\*\*\* Additional vaccines are required for individuals with high-risk conditions. Check with your healthcare provider for more information.

## Munich Immunization Clinics

Munich Ambulance Center  
 Third Thursday of Every Month  
 9:00am—10:00am

**\*Except holidays**

Routine adult vaccinations will be available (COVID-19, Tdap, PCV20, Shingles, and Flu).

**\*Childhood vaccinations will be available with prior notice.**

To schedule your immunization time in advance please call 701-256-2402.

## Langdon Immunizations

Routine Adult and Childhood Immunizations:

Mon—Fri 8am-4:30pm  
 by appointment

Walk-ins welcome based on staff availability

**\*Except holidays**

**\*\*Courthouse will close Fridays at noon for summer hours from May 1st thru September 30th.**



**A Car seat check-up event will be held in Langdon on May 8th. Additional details to come.**

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**LEARN HOW TO PROPERLY INSTALL A CHILD SAFETY SEAT.**

Cavalier County Health District now has a CERTIFIED car seat technician available to help ensure your child is riding safely in a properly installed car seat.

**This is a FREE service provided by appointment**

FOR MORE INFORMATION, PLEASE CALL : 701-256-2402.



North Dakota Women, Infants, and Children Program (WIC) wants to see you and your family happy, healthy and thriving. WIC supports eligible women from pregnancy to delivery and children from birth to 5 years old.

To schedule an appointment please call 701-265-4764.

**Narcan Training and Kit**



**ANYONE CAN SAVE A LIFE** during an opioid overdose **WITH NALOXONE.**

If you are interested in this **FREE** opportunity to save a life please call **Cavalier County Health District** at **701-256-2402**

**Alcohol-Free Events**

**March**

- **Horticulture Night & Plant Swap**  
March 5th from 5:30-7 pm  
*Register with NDSU Extension Office (256-2560)*
- **Clue: The Musical**  
March 7-10  
*Located at Roxy Theater*
- **Max Patzner performance & student presentation**  
March 20th  
*Located at Roxy Theater*

**April**

- **After Prom Party**  
April 6th  
*Located at LAHS*
- **Easter Egg Hunt**  
April 30th from 10 am-noon  
*Located at United Lutheran Church*

**May**

- **Summer Concert Series:**  
LAHS Jazz Band & Pop Choir  
May 30th at 7pm  
*Located at Boyd Block*
- **Grad Party**  
May 19th beginning at 9pm  
*Located at LAHS*

*Influence your kids.  
Before alcohol does.*

**PARENTS LEAD** .ORG



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**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/)

**YOU DO NOT NEED TO BE AN EXPERT TO MAKE AN IMPACT AND SAVE A LIFE!**

**QPR Suicide Prevention Training:**

Question, Persuade, Refer training will alert you to the signs (direct or coded) that people often signal before attempting suicide. It will give you simple steps and resources to help you make a positive intervention, including what to look for and what to say once signs are present.

**Presented by: Katie Henry Family and Community Wellness Agent  
NDSU Extension - Cavalier County**

**CALM Suicide Prevention Training:**

Counseling on Access to Lethal Means (CALM) focuses on how to reduce access to the methods people use to die by suicide.

**\*QPR training is a pre-requisite for CALM training.**

**SAFETY Planning for Suicide Prevention Training:**

A safety plan is a personalized, pre-determined, and prioritized written list of coping strategies and sources of support that people can use before and during suicidal crises. This session discusses the rationale for safety planning, practical ideas for use with clients, and a downloadable, free app to utilize in client care.

**Presented by: Sarah Kemp Tabbut, LCSW Community Engagement and Partnerships Coordinator Suicide Prevention Program – Fargo VA Health Care System**

**\*You may attend only QPR or only CALM/SAFETY Training (if eligible) if needed.**



Monday  
**March 25<sup>th</sup>**  
NDSU Research Center

**8:00 am – 9:30 am:**  
QPR

**9:30 am – 11:30 am:**  
CALM/SAFETY

**11:30 am – 12:30 pm:**  
Lunch on Own

**12:30 pm – 2:30 pm:**  
CALM/SAFETY

**Register by calling:  
NDSU Extension: 256-2560 or  
Cav. Co. Health Dist.: 256-2402**



Brought to you by:



EXTENSION



VA/SAMHSA Governor's Challenge  
to Prevent Suicide Among SMVF