



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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DECEMBER 2021

COVID Testing

Monday-Tuesday
Wednesday

1:00—2:00 pm

Please register at testreg.nd.gov if you have not done so already, then schedule an appointment by calling

Cavalier County Health District
(701) 256-2402

Testing will take place in the parking lot behind the courthouse.

COVID Vaccine

Monday, Wednesday, and Friday

Walk-ins Welcome.

Vaccine is open to ANYONE 5 years of age and older.

To schedule your vaccination please visit:

cavaliercountyhealth.com

or click the "**Book Now**" button on our

[Facebook page](#)

If you do not have access to the internet and need scheduling assistance please call

Cavalier County Health District
(701) 256-2402

COVID-19 Update

On November 26, 2021, the World Health Organization classified a new COVID-19 variant as a variant of concern and named it Omicron. As of December 4, 2021, Omicron has been identified in the United States and is reported now in more than 20 countries.

CDC has been actively monitoring and preparing for this variant and continues to work diligently with other U.S. and global public health and industry partners to learn more.

The virus that causes COVID-19 is constantly changing, and new variants of the virus are expected to occur.

The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and general prevention strategies needed to protect against COVID-19.

Everyone 5 years of age and older should get vaccinated and boosters are recommended for everyone 18 years of age and older.

Now Offering!

Munich Immunization Clinics

Munich Ambulance Center

Third Thursday of Every Month

**With exceptions to holidays*

9:00am—10:00am

Routine adult vaccinations will be kept on hand (COVID-19, Tdap, PCV13, PPV23, Shingles).

Childhood vaccinations will be available with prior notice.

To schedule your immunization time in advance please visit

www.cavaliercountyhealth.com or call 701-256-2402



FDA Authorizes First Pediatric COVID-19 Vaccine

Pediatric Pfizer for children age 5-11

The FDA has granted emergency use authorization of the Pfizer COVID-19 vaccine for ages 5-11. The dose schedule for this vaccine requires a series of two doses, with the second being administered three weeks after the first. A booster dose is not recommended for children at this time.



NEW PUBLIC HEALTH SERVICE
MAIL-BASED SYRINGE SERVICES PROGRAM
improving health for persons who inject drugs

SERVICES
 HARM REDUCTION EDUCATION - SAFE SHARPS DISPOSAL INFORMATION
 HIV/HEP C EDUCATION & REFERRALS TO TESTING
 OVERDOSE PREVENTION & NARCAN TRAINING
 REFERRALS TO TREATMENT - RECOVERY COACHING

SUPPLIES
 SYRINGES & SAFER INJECTION EQUIPMENT - NALOXONE/NARCAN
 WOUND CARE SUPPLIES - SHARPS CONTAINERS - SAFER SEX SUPPLIES

-WE MEET YOU WHERE YOU'RE AT
-NO COST -ANONYMOUS
LEAVE US A MESSAGE AT 701-298-6900
OUR HARM REDUCTION SPECIALIST WILL CONTACT YOU!

Syringe Services Programs have been shown to reduce HIV/Hep C incidence by 50%. They decrease injection drug use and increase treatment engagement & success.
 Sponsored by Cavalier County Health District. For residents only.
 Service & supplies thru Fargo Cass Public Health.

Radon

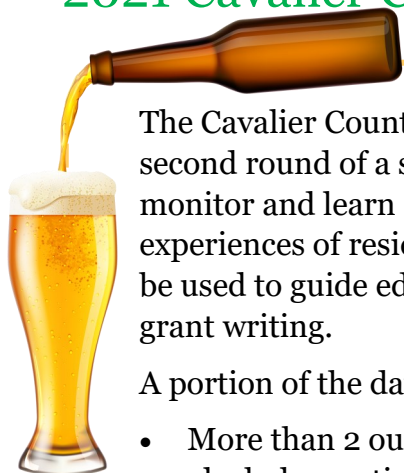
Our staff at Cavalier County Health District are committed to helping people remain healthy and reduce their risk of lung cancer. Cavalier County Health District has long promoted quitting tobacco use or never starting to reduce community and individual lung cancer risks. Another public health prevention effort Cavalier County Health District is recommending to reduce the risk of lung cancer is checking homes for radon gas, a colorless, odorless gas, which is naturally found in soil and can enter homes. High levels of radon in homes can increase the

risk of developing lung cancer. We are encouraging the public to test their homes for high radon levels. If high levels are found there are mitigation measures homeowners can take to lower the level and their risk.

Cavalier County Health District has received a grant from the North Dakota Cancer Coalition to expand radon prevention efforts in Cavalier County. CCHD has free radon testing kits available. We also have general information on radon and what to do if you find your home has high radon levels.



2021 Cavalier County Alcohol use Survey



The Cavalier County Public Health District conducted the second round of a short survey in the spring of 2021 to monitor and learn about alcohol use, attitudes, and experiences of residents in Cavalier County. This data will be used to guide education, prevention planning, and grant writing.

A portion of the data is highlighted below:

- More than 2 out of 3 respondents said they used alcohol sometime in the past 30 days.
- People age 18-34 were more than twice as likely to consume 3 or more drinks of alcohol on the days that they drank than those age 55 and older.
- More than half (52%) of people age 18-34 binge drank on more days during the month, while less than 1 in 4 people (23%) age 55 or over report that same behavior.
- In both 2020 and 2021, about 1 in 5 people (18%) said that they tried to reduce their alcohol use sometime in the past 3 months.

For more information on this survey and to view the full report, please visit cavaliercountyhealth.com

To learn more about how you can prevent binge drinking, please visit www.behavioralhealth.nd.gov/speakvolumes

CCMH uses grant to serve community

Cavalier County Memorial Hospital (CCMH) recently received a grant through the Rural Health Clinic Vaccine Confidence Program and purchased a van from CMS to provide a new service for Cavalier County residents. The van will be available to transport eligible senior citizens and individuals with disabilities to COVID-19 vaccination appointments. The service is offered solely to residents who cannot drive due to health or mobility issues.

To find out if you are eligible for this service and to schedule transportation, please contact CCMH Ambulance Director Chris Sanders at 701-256-6136.

Upcoming

Alcohol-Free Events

December

- Kids Crafts and Vendors
Saturday's from 11am-3pm
located at Hanks Ice Cream
- Santa at the Roxy
Dec. 18th @ 3:30pm
- Deals after Dark
Shop locally after dark
Dec. 2nd 5-8 pm
- Charlie Brown Christmas
Musical at the Roxy
Dec 9-12th
- Frost Fire Park
Ski and snowboard with the family!
visit www.frostfire.org for
season opening date.

January

- Frost Fire Park
Ski and snowboard with the family!
visit www.frostfire.org for
upcoming events.

February

- Frost Fire Park
Ski and snowboard with the family!
visit www.frostfire.org for
upcoming events.

Please visit:

Langdon Area Chamber of
Commerce Facebook page for
more information.



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Cavalier County Health District

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Our Mission...

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

Our Vision...

Health Choices, Healthy People,
Healthy Community.

www.cavaliercountyhealth.com

www.facebook.com/cavaliercountypublichealth/

The UNBELIEVABLE IMPACT of VACCINES

In the US, in...

...1923, 1560
people contracted
tetanus

In 2010, in the US, more people:



29 died from
lightning strike



26 than
contracted tetanus

...1941, 894134
people contracted
measles

In 2010, more people:



169 reached the summit
of Mt Everest
in a single day



63 than
contracted measles
in a whole year
in the US

...1968, 152209
people contracted
mumps

In 2011, in the US, more people:



600 died from
falling out of
bed



404 than
contracted mumps

...1969, 57686
people contracted
rubella

In 2010, the same number of people



5 died from
falling icicles
in St Petersburg



5 as
contracted rubella
in the US

...1992, 20000
people contracted
haemophilus
influenza b (Hib)

In 2010, in the US



2.5 the average home
owned more
televisions



2 than people
contracted
Hib meningitis

...1901, 48164
people contracted
smallpox



In 2012, in the
US, the combined
number of people
who contracted
diphtheria,
smallpox and
polio

was zero.

