



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

MARCH 2021

Back to School Immunizations

COVID Testing

Wednesday mornings
9am—11am

by appointment only.

Please register at testreg.nd.gov if you have not done so already, then schedule an appointment via the link provided on our website at

cavaliercountyhealth.com

COVID Vaccine

by appointment only.

Current priority groups and scheduling links can be found on our website at

cavaliercountyhealth.com

or on our

[Facebook page](#)

If you do not have access to the internet and need scheduling assistance please call 701-256-3911

The new school year will be here before you know it and Cavalier County Health District would like to remind parents to make sure their children are up to date on immunizations.

North Dakota state law requires students in grades kindergarten through 12 to meet a minimum number of required immunizations before they are allowed to attend school.

The Cavalier County Health District is encouraging parents to get their children vaccinated now, rather than waiting until right before school starts as we are anticipating a COVID-19 vaccine being available sometime in the future, and there

will need to be a 14 day spacing between COVID-19 vaccine and all other vaccines.

Cost should not be a barrier to getting children up to date on immunizations. Children who are uninsured or whose insurance does not cover vaccines can receive vaccine at no cost through the Vaccines for Children (VFC) program.

Contact Cavalier County Health District at 701-256-2402 if you believe your child could be eligible for VFC vaccines.

Children who are not in compliance with immunization requirements by October 1, 2021 will be excluded from school for not meeting requirements.



NORTH
Dakota | Health
Be Legendary.™

2021-2022 School Immunization Requirements

Vaccine Type	Number of Required Doses		
	Kindergarten-6	Grades 7-10	Grade 11-12
DTaP/DTP/DT/Tdap/Td*	5	5	5
Hepatitis B	3	3	3
IPV/OPV [†]	4	4	4
MMR	2	2	2
Varicella (Chickenpox)	2	2	2
Meningococcal [‡]	0	1	2
Tdap [§]	0	1	1

2, 4, 6, 18 months and 4-6 years

Birth, 2 and 6 months

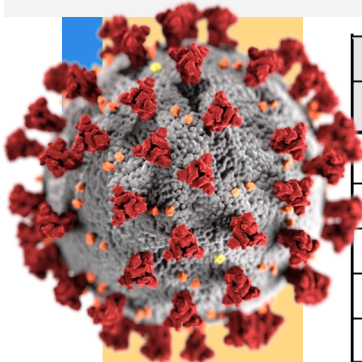
2, 4, 6, and 12 months

12 months and 4-6 years

12 months and 4-6 years

11-12 years and 13-18 years

11-12 years



RightTrack

NORTH DAKOTA



Did you know that Cavalier County Health District offers Right Track screenings?

Right Track is a **FREE** developmental screening and follow-along program for you and your child, birth to three years of age. The goal is for every child to have the best possible start in their physical, cognitive, communication, and social emotional growth. **That's why we support parents as their child's first, and most important teacher.**

Due to COVID precautions, our consultants will meet with you over the phone and can provide:

- ✓ Developmental screenings
- ✓ Information on child growth and development
- ✓ Ideas on supporting your child's development
- ✓ Information on various childhood concerns, including sleep, nutrition, toileting and challenging behaviors
- ✓ Information and referrals to local, state and national organizations

FREE Narcan Training



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. Cavalier County Health District offers FREE Narcan training to Cavalier County residents. Upon completion of training, you will be provided with a Free Narcan Kit to have on hand for use in an emergency. If you are interested in this FREE opportunity please call Cavalier County Health District at 701-256-2402.

Common opioids
Codeine
Fentanyl (Duragesic®)
Hydrocodone/acetaminophen (Vicodin®, Norco®)
Methadone
Morphine (Kadian®, MS Contin®)
Oxycodone (OxyContin®, Percocet®)

What is Binge Drinking?

What is a Standard Drink Size?

0.6 fluid ounces of PURE ALCHOL.

What is Binge Drinking?

Here's how the National Institute of Alcohol Abuse and Alcoholism (NIAAA) defines it: Drinking that brings blood alcohol levels to 0.8 g/dl. That typically occurs after 4 drinks in two hours for women and 5 drinks in two hours for men.

Maximum Drinking Limits (NIAAA):

For healthy men up to age 65: No more than 4 drinks in a day AND No more than 14 drinks in a week. For healthy women (and healthy men over age 65): No more than 3 drinks in a day AND No more than 7 drinks in a week.



Tobacco and Covid

In an article published in the Journal of Nicotine & Tobacco research in May 2020, Stan Glantz, PhD from the Center for Tobacco Control Research and Education department at USC, provided comments regarding a study from China that determined when someone's lungs are exposed to flu or other infections, the adverse effects of smoking or vaping are much

more serious than among people who do not smoke or vape.

Analysis of deaths from COVID-19 in China shows that men are more likely to die than women, something that may be related to the fact that more Chinese men smoke than women. Among Chinese patients diagnosed with COVID-19 associated pneumonia, the odds of disease

progression (including death) were 14 times higher among people with a history of smoking compared to those who did not smoke. This was the strongest risk factor among those examined.



Smoking/Vaping & Coronavirus (COVID-19)

Give your lungs a fighting chance

How is your risk of COVID-19 increased?

SMOKING OR VAPING CANNABIS OR TOBACCO

- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**



We can help you quit!



ND Quits: www.ndquits.com or call 1-800-QUIT-NOW
Cavalier County Memorial Hospital: 701-256-6100

When you quit smoking or vaping, **your lungs and your immune system get healthier**



COVID-19 Exposure



Infection is **↓ less severe**



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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/

Reminders When Visiting Our Office

For the safety of our staff and our customers, we are continuing to limit the number of people in our office at any given time. We want to do our best to serve you and ask that you:

- Call ahead for an appointment.
- Limit family members presenting to the office to only those requiring direct services.
- Wear a mask while you are in our office.
- Please notify us if you have COVID-19 or are a close contact to a COVID-19 case and we will gladly reschedule your appointment.
- If you are sick, please DO NOT come for your appointment. Give us a call and we will reschedule your visit or do our best to address your needs over the phone.

Thank you for your patience and cooperation during these uncertain times.

For questions, please call us at (701) 256-2402

**NEW
NORTH DAKOTA
DEPARTMENT OF HEALTH
COVID-19 HOTLINE HOURS**

8 am—5 pm

Monday—Friday

1-866-207-2880

Or email: health@nd.gov