



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

Cavalier County Health District

# Cavalier County Health District

JUNE 2021

## COVID Testing

Monday—Friday

*by appointment only.*

Please register at [testreg.nd.gov](https://testreg.nd.gov) if you have not done so already, then schedule an appointment by calling

Cavalier County Health District  
(701) 256-2402

## COVID Vaccine

Monday, Wednesday, and Friday

*Walk-ins Welcome.*

Vaccine is open to ANYONE 12 years of age and older.

To schedule your vaccination please visit:

[cavaliercountyhealth.com](https://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 Vaccine Update:

**Pfizer has now been authorized for ages 12 and over!**

Hundreds of millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to ensure that COVID-19 vaccines are safe.

Currently there are 3 vaccines available in ND, Moderna, Pfizer, and Johnson & Johnson. It is important to know that these vaccines are effective at preventing severe illness and hospitalization due to Covid-19.

Getting ‘back to normal’ is going to take ALL OF OUR TOOLS. If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces “back to normal” sooner. So, it is important to:

- Stay home if you are sick and get tested.
- Get vaccinated.
- Wear a mask.
- Stay 6 feet from others, and avoid crowds.
- Wash hands often.

Vaccine Brand Name	Who Can Get this Vaccine <sup>[1]</sup>	How Many Shots You Will Need	When Are You Fully Vaccinated?
<a href="#">Pfizer-BioNTech</a>	People 12 years and older	<b>2 shots</b> Given 3 weeks (21 days) apart <sup>[2]</sup>	2 weeks after your second shot
<a href="#">Moderna</a>	People 18 years and older	<b>2 shots</b> Given 4 weeks (28 days) apart <sup>[2]</sup>	2 weeks after your second shot
<a href="#">Johnson &amp; Johnson's Janssen</a>	People 18 years and older	<b>1 shot</b>	2 weeks after your shot

When considering COVID-19 vaccination, it is important to weigh the risks of disease with the risks and benefits of vaccination

### Vaccination

#### Benefits of vaccination

- ▶ Vaccines are safe and effective
- ▶ May prevent transmission to others
- ▶ Prevents serious illness, hospitalization and death
- ▶ Helps keep North Dakota's schools and businesses open
- ▶ Relaxed quarantine requirements if exposed to COVID-19

#### Risks of vaccination

- ▶ Side effects are typically mild and last 1-2 days
- ▶ Severe allergic reactions are rare and manageable with treatment

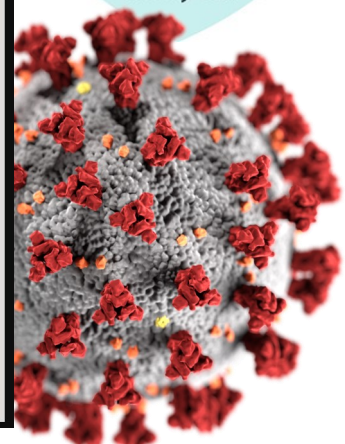
### COVID-19

#### Risks of COVID-19

- ▶ 1 in 525 North Dakotans have died
- ▶ 1 in 200 North Dakotans have been hospitalized
- ▶ 1 in 8 North Dakotans have tested positive
- ▶ There's no way to predict how COVID-19 will affect you
- ▶ May spread COVID-19 to loved ones
- ▶ Long-term impacts of disease are unknown



*It all starts with you.*



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Dakota | Health  
Be Legendary.

## Lifejacket Loaner Program



Cavalier County Health District and Mt. Carmel Recreation Area in cooperation with Safe Kids Grand Forks offer life jackets for all ages to be checked out FREE for up to two weeks at a time. If you need a life jacket for a weekend at the lake, trip to the pool, or any other water recreation event, stop by Cavalier County Health District and pick some up.

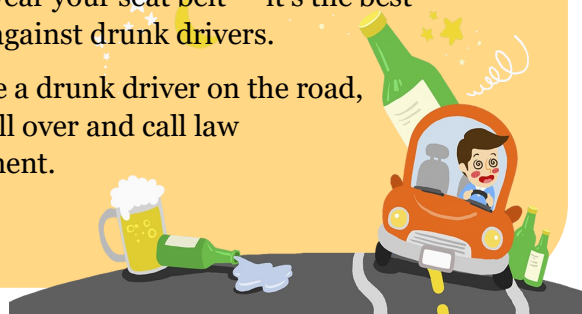
## BUZZED DRIVING IS DRUNK DRIVING

Despite the fact that it's illegal to drive drunk, one person was killed every 52 minutes in a drunk driving crash on our nation's roads in 2019. That's a total of 10,142 people who died in alcohol-impaired driving crashes in one year. Even a small amount of alcohol can affect a person quickly; for example, a blood alcohol concentration of .02 can affect someone's ability to perform two tasks at one time.

### Be Responsible: Have a Plan

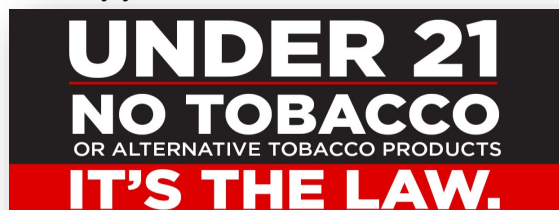
Your life and the lives of others on the road are at risk every time a driver gets behind the wheel after drinking. Here are a few tips to stay safe.

- Before drinking, choose a designated driver, or schedule a ride-sharing, ride-hailing or taxi service.
- If you are hosting a party where there's alcohol, offer non-alcoholic drink options and make sure all guests leave with a sober driver.
- Always wear your seat belt — it's the best defense against drunk drivers.
- If you see a drunk driver on the road, safely pull over and call law enforcement.



## T21 Bill Passes in North

**EFFECTIVE IMMEDIATELY!** This bill makes it an infraction for any person to sell or furnish tobacco products kids under 21 years of age. Also, It makes it illegal for kids under 21 years of age to purchase, possess, smoke, or use tobacco products. Tobacco is the single most preventable cause of death and disease in North Dakota, causing more deaths annually than alcohol, AIDS, car accidents, illegal drugs, murders, and suicides, combined. There are 14,000 kids in North Dakota alive now that will die from smoking. According to the CDC, nearly 9 out of 10 adults who smoke cigarettes daily first try smoking by age 18. Policies like T21 can decrease new youth smokers in North Dakota by 200 kids every year.



## Maintaining Healthy Levels of Stress in Your Children

While some amount of stress is normal and should be expected, an overwhelming amount of stress can be unhealthy and quickly take a toll on a child's developing mind and body. Children can begin experiencing stress at a very early age and are often more vulnerable to it than adults because they have not yet learned effective ways of coping. You can help your child develop the skills needed to manage stress in a healthy way. By doing so, you will also reduce the risk of them drinking alcohol underage, engaging in other risky behaviors, or developing a behavioral health disorder.

For more information please visit:  
<http://www.parentslead.org>



## Time for School Immunizations is Now

The new school year will be here before you know it. Cavalier County Health District and the North Dakota Department of Health would like to encourage parents to consider getting their children's back-to-school vaccinations completed early rather than waiting until right before school starts.

It is important for your child to be up to date on vaccinations because ensuring children are up to date on vaccinations is the best way to keep students healthy and stop the spread of 17 dangerous infectious diseases including measles, mumps and pertussis in our schools.



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### 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 <sup>1</sup>	4	4	4
MMR	2	2	2
Varicella (Chickenpox)	2	2	2
Meningococcal <sup>2</sup>	0	1	2
Tdap <sup>3</sup>	0	1	1

### It is important to remember:

North Dakota Law requires all students entering kindergarten and thru the 12th grade be up to date on required vaccinations for school. Routine vaccination updates are due for Kindergarten, 7th grade, and 11th grade. To schedule your child's vaccines please call Cavalier County Public Health (701) 256-2402.

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





## Public Health

Prevent. Promote. Protect.

### 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](http://www.cavaliercountyhealth.com)

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

## Deterra Medication Disposal System

Did you know that most people who misuse prescription painkillers obtain them from a friend or relative?

You can help prevent misuse and overdoses by permanently deactivating unused or unwanted drugs with a free Deterra Pouch.

To get your FREE Deterra medication disposal pouch please contact:

Cavalier County Health District  
(701) 256-2402

**DRUG DEACTIVATION: A SOLUTION TO AN EPIDEMIC**

Prevention is more than just dispensing less, it's about removing the abundant supply of prescription opioid pills from circulation to prevent abuse and misuse.

**1.4 billion** Opioid prescriptions dispensed between 2012 and 2017<sup>[1]</sup>

**70%** of opioids prescribed for surgical use remain unused and available for abuse<sup>[2]</sup>

Every day, **2,500** American kids abuse a prescription drug for the first time

**3 of 4 people** addicted to heroin reported they first used a prescription opioid

**130 Americans** die every day from an opioid overdose<sup>[3]</sup>

**157% increase** in opioid related overdoses from 2007 to 2017<sup>[4]</sup>

More than **6 million Americans** misused prescription drugs<sup>[5]</sup>, including pain relievers, tranquilizers, stimulants and sedatives<sup>[6]</sup> in 2017

**HOW TO USE**

In three easy steps the Deterra Drug Activation System neutralizes drugs permanently, safely and quickly.

- 1** Tear open pouch and place unused medications inside
- 2** Fill pouch halfway with warm water and wait 30 seconds
- 3** Seal pouch tightly, gently shake and dispose of in normal trash

To deactivate and dispose of transdermal patches, attach the sticky side of the patch to a paper towel and insert into the Deterra pouch. For unused patches, remove packaging and protective liner before attaching to a paper towel.