



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

SEPTEMBER 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 12 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 Vaccine Myths vs Facts

With so much misinformation surrounding COVID-19 vaccines, you may have some questions, and that’s good. It’s normal to be cautious when something new comes along. Wanting to know more is a good thing — it means you want to be informed. Below are common myths and facts surrounding COVID-19 vaccines.

✗ MYTH:

COVID-19 vaccines can give you the virus.



✓ FACT:

COVID-19 vaccines do not give you the virus and do not include the live virus. The vaccines provide critical information to cells in our bodies to help fight the virus and build resistance to it if you are exposed to COVID-19 in the future.

✗ MYTH:

COVID-19 vaccines were rushed and are not safe.



✓ FACT:

Vaccine safety standards were not compromised to expedite development and distribution. Robust clinical trials and safety reviews were conducted and show that the vaccines prevent infection, or serious illness from the virus, in up to 95% of vaccine trial recipients.

✗ MYTH:

The COVID-19 vaccine will alter my DNA.



✓ FACT:

Vaccines do not affect or interact with your DNA.

✗ MYTH:

I cannot get the COVID-19 vaccine if I’m pregnant or breastfeeding.



✓ FACT:

You are not excluded from getting the vaccine, but public health officials may request that you observe extra precautions after receiving the vaccine. You should consult a health care professional if you have questions.

✗ MYTH:

I do not have to wear a mask or practice social distancing once I’m vaccinated.



✓ FACT:

The vaccine helps prevent you from getting sick with COVID-19, but it is not currently known if it prevents you from transmitting the virus to others. Stopping the pandemic requires using all the tools available like wearing a mask, washing your hands and social distancing.

✗ MYTH:

I do not need to get vaccinated if I already had COVID-19.



✓ FACT:

Currently, experts do not know how long someone is protected from getting sick again after recovering from COVID-19, and re-infection is possible. We won’t know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

✗ MYTH:

I can’t afford getting a vaccine for COVID-19.



✓ FACT:

The COVID-19 vaccine is free for all residents, regardless of insurance coverage or citizenship status.

✗ MYTH:

The government is tracking me through the vaccine.



✓ FACT:

There are no tracking devices or microchips in the vaccines.

✗ MYTH:

I’m young and healthy, I won’t get sick from COVID-19.

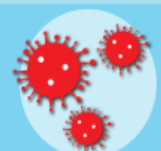


✓ FACT:

While COVID-19 disproportionately impacts minorities, senior citizens and individuals with underlying conditions, it can make you sick regardless of age, ethnicity/race or fitness level. The vaccine will help strengthen your body’s ability to resist infection.

✗ MYTH:

I will test positive for COVID-19 after receiving the vaccine.



✓ FACT:

COVID-19 vaccines will not cause you to test positive for COVID-19.



Breastfeeding Support

The North East North Dakota Breastfeeding Coalition is getting very active in Cavalier, Pembina, and Walsh counties! The coalition meets monthly in-person with the option of joining remotely via zoom.

They have a 10x10 tent available to borrow for **FREE** for any event! The tent includes a chair and a small table to provide a shaded, enclosed space for nursing or pumping mothers and works for both indoor and outdoor events.

Call Cavalier Lake Region Health District at (701) 662-7035 to reserve the tent for your next event or to join the coalition.

FDA Approves First COVID-19 Vaccine (Pfizer)

and Authorizes a third dose of Pfizer or Moderna for Moderate and Severely immunocompromised individuals

THIRD DOSE

WHO? People who are moderately to severely immunocompromised are recommended to get a third dose of an mRNA COVID-19 vaccine (Pfizer or Moderna).

WHAT? A third dose of the Pfizer or Moderna vaccine is recommended for immunocompromised individuals to have the full benefit of the vaccine series. This is NOT considered a booster.

WHEN? The third dose should be given no sooner than 28 days after the initial two-dose mRNA COVID-19 vaccine series.

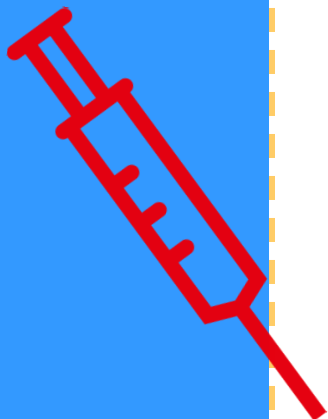
WHERE? Find a vaccine near you at www.vaccines.gov.

WHY? People with compromised immune systems may not build the same level of immunity to 2-dose vaccine series compared to people who are not immunocompromised, and they may benefit from an additional dose to make sure they have enough protection against COVID-19.

The third dose of an mRNA COVID-19 vaccine should be the same vaccine brand as the initial series and administered at least four weeks or 28 days after completing a primary mRNA COVID-19 vaccine series.

Who is considered immunocompromised & recommended to get an additional dose of mRNA COVID-19 vaccine?

- Receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant & are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response



Flu Vaccine

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. It is important to get vaccinated to protect not just yourself but those around you. Cavalier County Health District is able to bill most insurances and has influenza vaccine at no cost for children and adults (limited doses available for uninsured adults) not covered by insurance.

Keep an eye out at www.cavaliercountyhealth.com for dates and times of upcoming influenza vaccination clinics.

Great Opportunities for Youth

Area youth are encouraged to consider becoming involved in local and state tobacco prevention activities. Benefits include making new friends, learning leadership skills, and helping to build a resume. Locally youth can join the Break Free Statewide Youth Coalition, which meets virtually.

On October 5th, 2021, there will be a Statewide Break Free Youth Action Summit in Fargo.

Please visit:

www.breathend.com/youth-action-summit for more information



Mark Your Calendars!

FARGO YOUTH ACTION SUMMIT WHEN? 10.05.21 WHERE? Avalon Event Center in Fargo ND	BISMARCK YOUTH ACTION SUMMIT WHEN? 10.06.21 WHERE? Ramkota Hotel in Bismarck ND
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Mail-in Syringe Exchange Program

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.

Upcoming

Alcohol-Free Events

September

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

October

- Langdon Spooktakular
October 30th from 9-12 pm
Kids can trick-or treat at local businesses and enter to win a prize once they complete all of their stops.

November

- Parade of lights, Santa, Fireworks.
November 26th @ 6pm
Enjoy a parade, see Santa, and there will be fireworks to follow.
- Small Business Saturday
November 27th 9am-4pm
Shop till you drop in Langdon to help support local small businesses.
- Christmas Cash Giveaway
November 27th
shop local businesses to earn tickets that are entered in a weekly Christmas Cash drawing.

Please visit:

Langdon Area Chamber of Commerce Facebook page for more information.



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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/

Responsible Beverage Server Training

RBS Training programs for servers focus on knowledge and skills that enhance their ability to prevent excessive alcohol consumption among patrons and minimize harms from excessive drinking that has already occurred.

THANK YOU to the following local businesses who have completed this training:

- Langdon Country Club
- Langdon Eagles
- Cobblestone Inn
- Sporty's
- Tom's Lounge
- The Bottle Barn
- FrostFire
- The Pain Reliever
- Kyle's Place
- Good Times Bar & Grill
- The Upper Decker
- Calio Bar



**Talk with
someone
who's been
there**

Connect with a trained peer support specialist with lived experience in addiction to chat and receive support.

**AVAILABLE 24.7
FREE
ANONYMOUS
CONFIDENTIAL**

1.844.44.TALK2

A North Dakota Behavioral Health Initiative