



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

DECEMBER 2022

*** UPDATE ***

COVID-19 Vaccination

Fridays Only

COVID-19 Testing

M, W, F

Schedule by calling

Cavalier County Health District

(701) 256-2402

or online at



tinyurl.com/f2e2uaw3

Please register at
testreg.nd.gov if you have
not done so already

*Testing will take place in the
Search and Rescue garage
behind the courthouse.*

COVID-19 LINKS

Isolation

tinyurl.com/COVID-isolation-guidelines



Exposure

tinyurl.com/COVID-exposure



COVID-19 Update

Beginning in December, Cavalier County Health District will begin offering COVID-19 vaccine on Fridays only.

Exceptions will be made on a case by case basis for individuals that cannot make it on a Friday for vaccine.

Bivalent COVID-19 Boosters

The updated (bivalent) boosters are called “bivalent” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5.

Previous boosters are called “monovalent” because they were designed to protect against the original virus that causes COVID-19. They also provide some protection against Omicron, but not as much as the updated (bivalent) boosters.

The virus that causes COVID-19 has changed over time. The different versions of the virus that have developed over time are called variants.

Two COVID-19 vaccine manufacturers, Pfizer and Moderna, have developed updated (bivalent) COVID-19 boosters and individuals are eligible for a bivalent booster 2 months after their last dose of COVID containing vaccine.

Tips for Gathering Safely During the Holidays

- **Flu:** Contagious for 5-7 days after start of symptoms.
- **RSV:** Contagious for 3-8 days after start of symptoms. Some infants and people with weakened immune systems can spread the virus even after they stop showing symptoms, for as long as 4 weeks.
- **COVID-19:** We see strong evidence that an Omicron infection lasts, on average, 8-10 days. Some people will be infectious for less, and some will be infectious for more. You won't know unless you test.

Protect yourself and others: If you are sick, wear a mask, get tested, and stay home. Also, stay up-to-date on all immunizations and boosters.

Please visit <https://tinyurl.com/mpxrc92z> for more useful tips and

Preventative Screening Services

Did you know that Cavalier County Health District offers **FREE** and **LOW COST** preventative screening services? Health and developmental screenings are an important tool used to detect potential health and/or developmental delays in individuals who may not have any symptoms. The goal is early detection and lifestyle changes or surveillance, to reduce the risks, or to detect and intervene early enough to treat it most effectively. Services offered include:

- **Cholesterol**
- **Blood Pressure**
- **Blood Sugar**
- **Health Tracks**
(Medicaid children only)
- **Right Tracks**
(all children birth- 3 years)
- **Vision and Hearing**
(Done at schools for K-6 graders and in office for other ages)
- **Height/ Weight/ Growth**



DIABETES SCREENINGS

More than 37 million people in the US have diabetes and 96 million have prediabetes. 8 out of 10 people who have pre-diabetes don't know it.

Diabetes is a leading cause of death in the US.

Diabetes can lead to kidney failure, blindness, cardiovascular disease, and liver disease.

Diabetes screening is recommended every 3 years for adults 35-70 yrs. This is especially true for those who are overweight or obese. Individuals with other risk factors that can increase the risk of diabetes and should consider screening include people older in age, family history, history of gestational diabetes, history of polycystic ovarian syndrome, and dietary and sedentary lifestyle.



HIGH BLOOD PRESSURE

High Blood Pressure ("BP") is often known as the silent killer as it often has no symptoms.

High BP can increase the risk of heart attack, heart failure, stroke, kidney damage, sexual dysfunction, peripheral artery disease, and vision loss.

Screening is the best way to know if you have high BP.

CCHD offers BP screening for \$1 donation for those who can pay.

Knowing your numbers can help you lower your risk by lifestyle changes and/or medical follow up.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

RightTrack
NORTH DAKOTA



Did you know that Cavalier County Health District offers *FREE* 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.

heart.org/bplevels



The Detera Drug Deactivation System is the *simplest* and *most effective* way to keep drugs out of waterways.

TEAR, FILL, SHAKE & TRASH

FREE Detera kits are available at Cavalier County Health District



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Upcoming Alcohol-Free Events

December

- Parade of Lights
December 2nd 7:30-8:30 pm
Starts at the High School
- Holiday Vendor Show & Santa Visit
Dec. 3rd
Langdon Activity Center
- Festival of Wreaths
Dec. 3rd
at the Eagles
- Deals after Dark
Shop locally after dark
Dec. 8th 5-8 pm
- Free Movie—Elf
Dec. 11th @ 2 pm and Santa from 3:30-4 pm
at the Roxy Theater
- Community Band Holiday Concert @ 7 pm
Dec 12th
at the Roxy Theater
- Mingle & Jingle Brunch
Dec 18th
at the Eagles

For more information on upcoming events as well as other important local information, please download the Langdon Living Local app.




Pregnant or parenting while struggling with substance use?



Talk to someone who's been there
Call or text Kay
701.471.0857

What is Binge Drinking?




SPEAK VOLUMES ND.GOV

4 DRINKS in 2 HOURS

5 DRINKS in 2 HOURS

Signs of Substance Abuse



- ✓ Noticeable changes in school performance
- ✓ Sudden changes in social patterns (new friends, activities)
- ✓ Sudden mood changes
- ✓ Peculiar odors
- ✓ Secretiveness about friends or activities

PARENTS LEAD



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Cavalier County Health District

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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

facebook.com/cavaliercountypublichealth/

instagram.com/cchd_langdon/

CDC FLU FACT

People with chronic medical conditions, such as heart disease, are at high risk of developing serious complications from flu.

#FIGHT FLU



GOING SMOKEFREE MATTERS

MULTIUNIT HOUSING

There is no safe amount of secondhand smoke exposure. The home is the main place many children and adults breathe in secondhand smoke.^{1,2}

cdc.gov/tobacco

Medication Take Back Event

At the Langdon Farmer's Market on September 1 Cavalier County Sheriff's Department and Cavalier County Health District partnered to hold a Medication Take Back Event. Over 5lbs of unused, unwanted, or expired medications were dropped off to be safely disposed of.

Events like this are important as they give community members a chance to safely dispose of medications in a secure and environmentally sound manner. Properly disposing of excess medications is everyone's responsibility as a matter of public safety. Medications left in homes can lead to theft, misuse, diversion, unintentional poisoning, abuse, and overdose.

If you were unable to attend the Medication Take Back Event, you can properly dispose of unwanted medications at the drop off sites located at Cavalier County Sheriff's Department and Langdon Community Drug in Langdon. Free Deterra medication disposal bags are also available at Cavalier County Health District.

