



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

JUNE 2022

COVID-19 Testing and Vaccination

Monday, Wednesday,
and Friday

by appointment only

Walk-ins accepted dependent
upon staff availability

Schedule by calling

Cavalier County Health District
(701) 256-2402

or online at



<https://tinyurl.com/f2e2uaw3>

COVID-19 LINKS

Testing and Care

- Testing Locations
- Test Results
- Home-Testing/Self-Testing
- Testing positive
- Isolation flow chart
- Quarantine and isolation calculator



<https://tinyurl.com/bdfnr596>

Quarantine and Isolation guidelines



<https://tinyurl.com/2zpmzmjx>

COVID-19 Dashboard

Rapid NAAT testing now available at CCHD!

Cavalier County Health District now has an in-house **NAAT** machine for Covid-19 testing that provides **SAME DAY RESULTS** and the cost is **FREE**.

While the pandemic has slowed down significantly, it is important that we remain vigilant. Getting vaccinated and boosted as well as testing for Covid-19 when you feel sick remains an important and vital way to protect yourself, your family, and your neighbors.

Covid-19 testing is available M, W, F from 1-1:30 with appointments preferred.

Covid-19 Self Testing Kits

Covid-19 at-home testing kits continue to be available **FREE** of charge, while supplies last, at multiple sites throughout Cavalier County including but not limited to Cavalier County Emergency Manager and CCHD (located in the Cavalier County Courthouse), Langdon Drug, Langdon Prairie Health, Northern Valley Human Service Zone in Langdon, Milton CHS, Farmer's Union Oil Company in Calvin, and Munich Grocery.



For more information about self-testing please visit:

<https://www.health.nd.gov/home-testing-or-self-testing-guidance>

Travel to Canada

- Pre-entry tests are **not required** for **fully vaccinated** travelers entering Canada by land, air or water. You must still register on the ArriveCAN app within 72 hours before your arrival to Canada.
- Unvaccinated and partially vaccinated children under the age of 12 are no longer required to provide a valid pre-entry test result, if they are accompanying a fully vaccinated adult.
- Children who are less than 5 years old are not required to test, regardless of their vaccination status.

Pediatric Vaccine Update

- Moderna has submitted a request for emergency use authorization for it's pediatric Covid-19 vaccine.
- Pediatric Pfizer's request for emergency use authorization continues to be reviewed. While studies show that the pediatric Pfizer vaccine is safe, effectiveness data is still being gathered and a third dose in this age group is being studied.

We should know more by the end of June. As we learn more, we will update the community through our media outlets including our CCHD Facebook page, Borderland Press, and local radio.

Have your car seat questions answered by a professional



Car Seat Checkup Event



Get your car seat checked for recalls and proper fit

FREE event!
Open to the public

Tuesday, June 7, 2022

4:30-6:30 PM

Langdon Day Care Center

and

Wednesday, July 13, 2022

10:00 AM-1 PM

Cavalier County Courthouse



SAFE KIDS
GRAND FORKS



VISION ZERO
Zero fatalities. Zero excuses.



Altru
HEALTH SYSTEM

Breastfeeding Benefits Both Mom and Baby

Mom

- Reduces the risk of breast cancer, type 2 diabetes and osteoporosis
- Reduces the risk of uterine and ovarian cancer
- Promotes postpartum emotional health and postpartum weight loss
- Costs less to breastfeed

Baby

- Fewer episodes of illness
- Reduces risk of hypertension, obesity, diabetes, and asthma
- Lowers risk of developing allergies
- Lower rate of SIDS, cancer, ear infections, and stomach upset.

Any amount of breastfeeding is beneficial and has been proven to provide emotional support and aid in bonding for both mom and baby

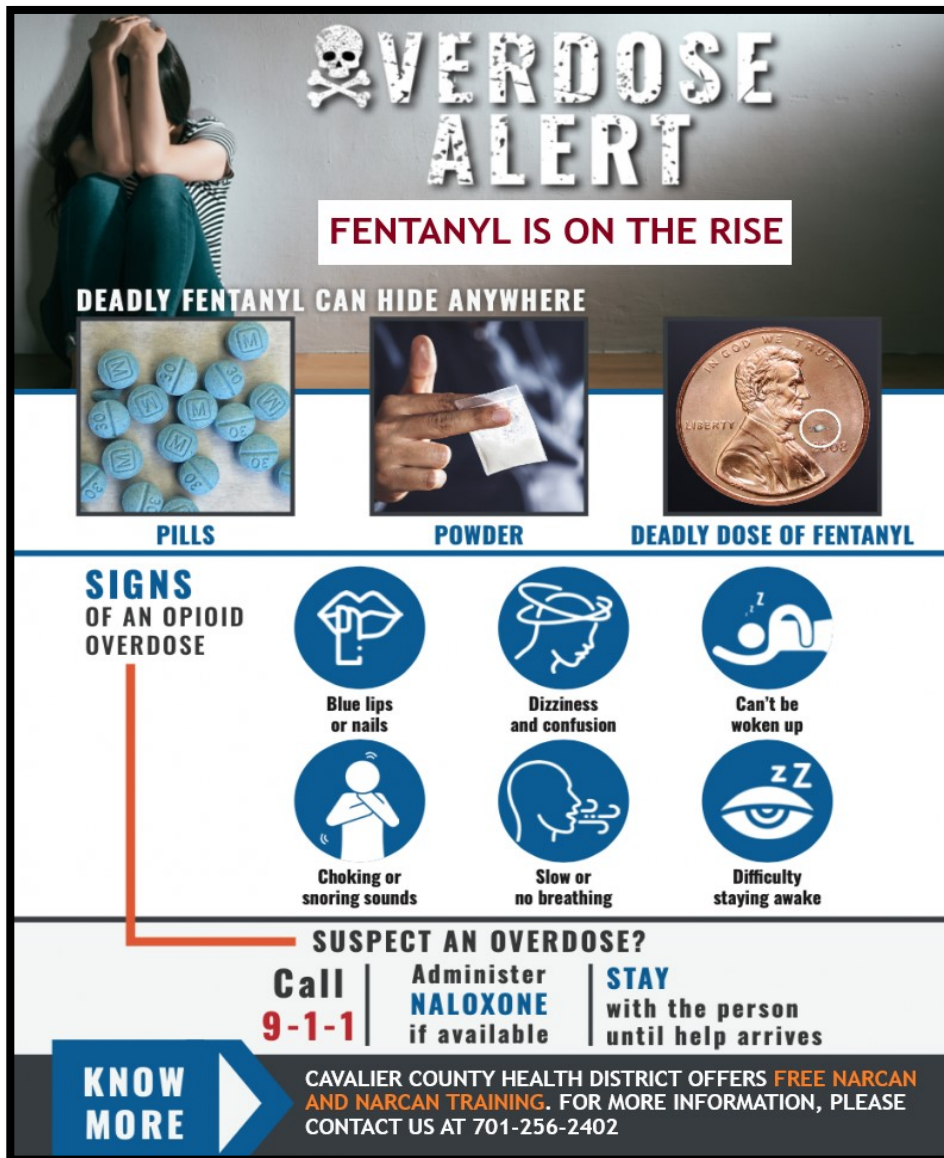
LACTATION STATION



**Cavalier County Health District
now offers a
PORTABLE LACTATION TENT**

This tent is available to check out **FREE** of charge for use at events in Cavalier County. The lactation tent comes complete with a folding table, changing table, and lounge rocker.


To learn more or to reserve the tent for your next event, please call 701-256-2402




OVERDOSE ALERT

FENTANYL IS ON THE RISE


DEADLY FENTANYL CAN HIDE ANYWHERE



PILLS




POWDER




DEADLY DOSE OF FENTANYL


SIGNS OF AN OPIOID OVERDOSE




Blue lips or nails




Dizziness and confusion




Can't be woken up



Choking or snoring sounds



Slow or no breathing



Difficulty staying awake

SUSPECT AN OVERDOSE?

Call
9-1-1

Administer
NALOXONE
if available

STAY
with the person
until help arrives

KNOW MORE → CAVALIER COUNTY HEALTH DISTRICT OFFERS **FREE NARCAN AND NARCAN TRAINING**. FOR MORE INFORMATION, PLEASE CONTACT US AT 701-256-2402

NDQuits
1.800.QUIT.NOW
www.ndhealth.gov/ndquits
1.866.388.7848




“Everyone has a role to play in ending the drug abuse epidemic in our country.”

Get a **FREE Deterra drug deactivation bag** today at
Cavalier County Health District
901 3rd Street, Suite 11
Langdon, ND. 58249

Upcoming Alcohol-Free Events

June

- Summer Concert Series 7pm
at Boyd Block
June 2– LAHS Jazz Band/pop choir
June 9th– Kevin Locke
June 19th– String showdown
- Health Fair at St. Alphonsus
June 21st from 1-4 pm

Frost Fire Park

Summer Theater

June 25th–July- The Sound of Music

Mountain bike trails and bike rentals!

visit www.frostfire.org for more information on these and other upcoming events.

July

- Music Fest
July 15-17th
There will be fun events for adults and kids throughout the weekend. Please visit the Langdon chamber of commerce Facebook page for more info.

- Fireman's Dinner
July

- Langdon NDSU Ext. Center Field Day
July 21st

August

- Movie at Boyd Block
August 4th from 9-11 pm
- ENCORE Arts Camp at Frost Fire Park
August 1 - 5
Register at: <https://frostfirepark.org/encore-camp>

Please visit Langdon Area Chamber of Commerce Facebook page for more information.

Break Free Youth Action Summit 2022

Fargo Cass Public Health hosted dozens of middle and high school students from around the state, including 8 students sponsored by CCHD from both St. A's and LAHS, for the third annual Break Free Youth Action Summit.

The event provided an opportunity for youth advocates to demonstrate their passion and dedication to helping create the next tobacco free generation.

Students were able to break into groups and work with one another to share their experiences and share strategies on preventing tobacco use and addiction.

Langdon students learned a lot of information about flavored tobacco, ND's Smoke Free Law and how to be an advocate for a tobacco free life. Students were also able to put together their own social media advocacy plan... *watch for that later this spring!*

According to the 2021 youth risk behavior survey data, vaping use among North Dakota high school students is 22.1%, remaining higher than ND adult e-cigarette use rates of 17.9%.



KNOWTIFY

BY ND HEALTH

INFORMATION YOU NEED TO KNOW.

Brought to you by the North Dakota Department of Health, featuring content from our trusted community partners and resources.



SAFETY DAY
ESTABLISHED 1995

PROGRESSIVE AGRICULTURE SAFETY DAY®

Tuesday, June 7th, 2022

Registration 12:30 p.m. – 12:45 p.m.

Safety Day 12:45 p.m. – 3:45 p.m.

NDSU Langdon Research Extension Center

A fun-filled day of learning for children in 2nd-6th grades (2022-23 school year).

Registration is FREE

MUST REGISTER PRIOR TO THE EVENT

Immunization Honor Roll

Every quarter, the North Dakota Department of Health Immunization Program assesses vaccine coverage rates for infants, children, adolescents and adults for North Dakota healthcare providers enrolled the Vaccines For Children (VFC) Program and North Dakota providers that serve the adult population. Providers who have met or exceeded the Healthy People 2020 Goals for the quarter are recognized on the immunization provider honor roll. Coverage is also assessed in January for mid-season influenza coverage and in July for influenza vaccination coverage for the complete flu season. Providers that meet the Healthy People 2020 Goals for influenza vaccination are also recognized on the immunization provider honor roll.

The North Dakota 2022 first quarter **Infant Honor Roll** is based on the provider quarterly immunization rate reports and recognizes those providers who have met or exceeded the Healthy People 2020 Goal of 80% coverage for the complete vaccine series which includes 4 DTaP, 3 polio, 1 MMR, hepatitis B up-to-date, Hib up-to-date, 1 varicella, and PCV up-to-date for infants 24-35 months of age up-to-date by 24 months.

Cavalier County Health District has been recognized by the North Dakota Immunization Program for 91.7% of infants being fully vaccinated in Quarter 1 of 2022.

The North Dakota **Pediatric Honor Roll** for the first quarter of 2022 is based on the provider quarterly immunization rate reports and recognizes providers who have met or exceeded the Healthy People 2020 Goal of 85% coverage for 5 doses of DTaP, 3 doses of hepatitis B, 2 doses of MMR, 4 doses of polio and 2 doses of varicella vaccine for kids 6 years of age.

Cavalier County Health District has been recognized by the North Dakota Immunization Program for 97.1% of Kindergarteners being fully vaccinated by age 6 in Quarter 1 of 2022.

Cavalier County Health District was also awarded for its commitment to the health and well-being of the residents of North Dakota by achieving high adult influenza immunization rates.

The North Dakota 2022 mid-season **Adult Influenza Award** goes to clinics who achieved a rate of 60% or greater for adults 50+.

Cavalier County Health District has been recognized by the North Dakota Immunization Program for 64.7% of adults 50-64 and 77.5% of adults 65+ being vaccinated against influenza.

While the staff at CCHD are honored and proud to be recognized on the North Dakota Immunization Honor Roll, **the real honoree is YOU!** Thank you to our community members for getting yourselves and your children vaccinated and helping our community stay safe and healthy.

Thanks to all of you, ALL Cavalier County Schools have reached an incredible 100% vaccination rate for Kindergarteners for the 2022-2023 school year.



Use NDTip to submit an anonymous tip to law enforcement about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways.





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Cavalier County Health District

901 3rd St. Suite #11
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.

www.cavaliercountyhealth.com

www.facebook.com/cavaliercountypublichealth/

Alcohol Abuse and Cancer



Alcohol use is one of the most important preventable risk factors for cancer, yet many people don't know about the link between alcohol use and cancer. While alcohol misuse claims thousands of lives across the country each year, alcohol use also accounts for about 6% of all cancers and 4% of all cancer deaths in the United States.

April is Alcohol Awareness Month and provides the opportunity to discuss the link between cancer and alcohol use. Alcohol has been linked with cancers of the mouth; throat (pharynx); voice box (larynx); esophagus; liver; colon and rectum; and breast.

In its 15th Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The evidence indicates that the more alcohol a person drinks—particularly the more alcohol a person drinks regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Even those who have no more than one drink per day have a modestly increased risk of some cancers.

Ways that alcohol may influence a person's risk of cancer include:

- ✦ Inhibiting the breakdown and absorption of various nutrients that may fight cancer, including folate, vitamin A, and vitamin D
- ✦ Damaging DNA by producing reactive oxygen species that cause oxidation
- ✦ Causing the body to convert the ethanol in alcohol into acetaldehyde, which is a toxic chemical that can damage DNA
- ✦ Damaging body tissues by acting as an irritant
- ✦ Elevating the presence of estrogen in the body, which can contribute to breast cancer
- ✦ Increasing body weight

Limiting alcohol intake and seeking treatment for alcohol use or addiction when necessary is the best way to prevent an increased risk of cancer and other health conditions.

sources: American College of Clinical Oncology

<https://ntp.niehs.nih.gov/whatwestudy/assessments/cancer/roc/index.html>

