



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

MARCH 2022

UPDATED

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

Self-Testing at Home

Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. They are available **FREE** of charge, while supplies last, at multiple sites throughout Cavalier County including but not limited to Cavalier County Emergency Manager (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. These tests are not reported to the state and in many cases cannot be used for travel.

For more information about self-testing please visit:

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



Covid-19 Vaccine Spacing and Booster Dose Changes

- Spacing between 1st and 2nd doses of Pfizer and Moderna for ages 12 to 64 has increased up to 8 weeks.
- Booster doses for Pfizer and Moderna have shortened to 5 months after 2nd dose. J&J booster doses are available 2 months after 2nd dose.

Immunocompromised:

- Additional doses of vaccine are recommended for moderately to severely immunocompromised people. Check with your vaccine or healthcare provider for more information.

Travel to Canada from US? - Requirements Have Changed

- **Starting February 28:** Canada will begin accepting proof of a professionally administered or observed **rapid antigen test** taken outside of Canada **no more than 1 day before** your scheduled flight or entry to Canada by land or sea.
- This test must be administered or observed by a pharmacy, laboratory, healthcare entity or telehealth service.
- PCR tests are still acceptable for travel by land, sea, or air within 72 hours of travel.

Pediatric Pfizer Vaccine Update for Ages 6 months to 4 years.

While studies show that this vaccine is safe, effectiveness data is still being gathered and a third dose in this age group is being considered. Once all of the study data has been gathered, this vaccine will be evaluated for emergency use authorization. We anticipate this will occur in the coming months.

State of Tobacco Control 2022

The 20th annual American Lung Association "State of Tobacco Control" report evaluates states and the federal government on the proven-effective tobacco control laws and policies necessary to save lives. The report serves as a blueprint for what state and federal leaders need to do to eliminate the death and disease caused by tobacco use.

Based on North Dakota's Grades listed below, the American Lung Association calls for the following actions to be taken by North Dakota's

elected officials to reduce tobacco use and exposure to secondhand smoke:

1. Raise the state tobacco tax, currently the third lowest in the country at 44 cents per pack.
2. Restrict access to flavored tobacco products.
3. Classify electronic nicotine delivery systems as tobacco products, including licensing.

For more information please visit:

<https://www.lung.org/research/sotc/state-grades/north-dakota>

Tobacco Prevention and Cessation Funding	Smokefree Air	Tobacco Taxes	Access to Cessation Services	Flavored Tobacco Products
C	A	F	B	F

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

RADON: It's radioactive and it's real.

- Radon is an odorless radioactive gas found in soil that can enter your home through cracks in the foundation.
- Radon is a known human carcinogen and leading cause of lung cancer.

Protect yourself and your loved ones: Do a home radon test.



Cavalier County Health District now offers a **FREE RADON DETECTOR** loaner program.

To reserve a **RADON DETECTOR** call Cavalier County Health District at 701-256-2402



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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Smart Sitter

BABYSITTING CLASS

April 2 or August 6, 2022

9:00am-2:30pm

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 12-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.

Grand Forks, ND

Cost: \$50 (lunch included, but please bring a water bottle and snack)

Registration is required 5 days prior to class date and class size is limited.

Register online at <https://bit.ly/3tW0log> or scan the QR Code
For additional upcoming dates visit safekidsgf.com



This class has been funded in part by a generous donation from the Lunn Family, given in honor and memory of Cynthia Lunn.

**SAFE
KIDS**
GRAND FORKS

Altru
HEALTH SYSTEM

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



Fact:

Lung cancer is the #1 cancer killer for Americans

#NDQuits

Mental Health First Aid Training Available

Cavalier County Health District is looking for Cavalier County residents interested in being trained to offer Mental Health First Aid trainings.

Mental Health First Aid is a course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

The vision is for Mental Health First Aid to become as common as CPR and First Aid training. That means having regular courses offered in every community across the US.

No specific academic or professional credentials are required for instructor applicants.

Cavalier County will cover the cost of the training (\$2,200) to become a Mental Health First Aid instructor but would expect proof of completion of the course and for those trained to offer at least one class locally.

Trained individuals would be able to offer this course to individuals or groups after completing the course.



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**For more information contact CCHD 256-2402.
mentalhealthfirstaid.org/about**

GET THE FACTS ON VACCINES AND CHILDREN

WHY DO WE VACCINATE CHILDREN?

VACCINES PREVENT THE SPREAD OF INFECTIOUS DISEASES THAT ROUTINELY HARM INFANTS, CHILDREN AND ADULTS

EVERY **20** SECONDS



1 CHILD DIES FROM A DISEASE THAT COULD BE PREVENTED BY A VACCINE

WHY?

18.7 MILLION { **1 OUT OF 5** CHILDREN MISS OUT ON **BASIC VACCINATIONS** AROUND THE WORLD

MOST COMMON VACCINE-PREVENTABLE

CHILDHOOD DISEASES

- DIPHTHERIA
- HAEMOPHILUS INFLUENZAE TYPE B (HIB)
- HEPATITIS A
- HEPATITIS B
- INFLUENZA
- MEASLES
- MENINGOCOCCAL
- MUMPS
- PERTUSSIS (WHOOPING COUGH)
- PNEUMOCOCCAL DISEASE
- POLIO
- ROTAVIRUS (SEVERE DIARRHEA)
- RUBELLA (GERMAN MEASLES)
- TETANUS (LOCKJAW)
- VARICELLA (CHICKENPOX)

EACH YEAR VACCINATIONS PREVENT **2,500,000 DEATHS**
HOWEVER...
AN ADDITIONAL **1.5 MILLION** COULD BE AVOIDED IF GLOBAL COVERAGE IMPROVED

Sources:
www.cdc.gov/globalhealth/security/immunization.htm
www.vaccines.gov/
www.who.int/immunization/en/
www.cdc.gov/vaccines/vpd-vac/child-vpd.htm



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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/



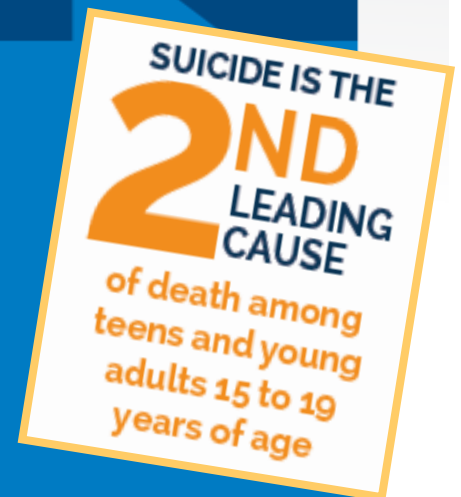
Teen Suicide

WARNING SIGNS

- Suicidal threats in the form of direct statements such as, "I am going to kill myself"
- Suicidal threats in the form of indirect statements such as, "I wish I could fall asleep and never wake up again"
- Suicide notes and plans, including messages and posts shared online
- Prior suicidal behavior
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions)
- Preoccupation with death
- Changes in behavior, appearance, thoughts and/or feelings

HOW TO RESPOND

- Remain calm
- Ask the teen directly if he or she is thinking about suicide
- Focus on your concern for their well-being and avoid accusations
- Listen attentively
- Reassure them that there is help and they will not feel like this forever
- Do not judge them or their thoughts
- Offer to stay with them. Do not leave the teen alone
- Offer to go with them to get help or contact a crisis line
- Remove means for self-harm
- Never keep what you've heard a secret



If you or someone you know is struggling with thoughts of suicide, get help now.

- Talk with a friend, family member, counselor, or therapist
- Text "START" to 741741
- Call 1-800-273-TALK (8255)

Kids Health. About teen suicide. Retrieved from: <http://kidshealth.org/en/parents/suicide.html#>

Georgia State University Institute of Public Health (2008). New research links teen alcohol use with suicide. Retrieved from: <https://medicalxpress.com/news/2008-02-links-teen-alcohol-suicide.html#jCp>

Helpguide.org. Parents Guide to Teen Depression: Recognizing the signs of depression in teens and how to help. Retrieved from: <https://www.helpguide.org/articles/depression/teen-depression-signs-help.htm?pdf=true>