



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

SEPTEMBER 2022

COVID-19 Testing and Vaccination

Monday, Wednesday, and Friday

Schedule by calling

Cavalier County Health District
(701) 256-2402

or online at



tinyurl.com/f2e2uaw3

Testing available M,W,F by appointment from 1:00-1:30pm ONLY

COVID-19 Dashboard

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.

For more information about self-testing please visit:
health.nd.gov/home-testing-or-self-testing-guidance

Please see *the expiration extension information on the back page.*

Pediatric Vaccine Update

- **Pediatric Moderna** and **Pediatric Pfizer** have been **AUTHORIZED** for use in children 6months of age and older.
- **Adolescent Pfizer** (12-15 years old) has been **FULLY APPROVED** by the FDA.
To schedule your child's COVID-19 immunization please visit our website at cavaliercountyhealth.com or call 701-256-2402.

*****UPDATED*****

COVID-19 LINKS

Isolation

tinyurl.com/COVID-isolation-guidelines



Exposure

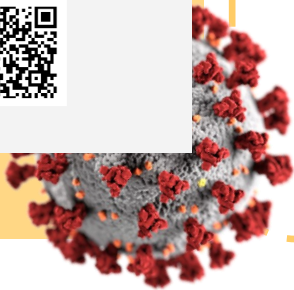
tinyurl.com/COVID-exposure

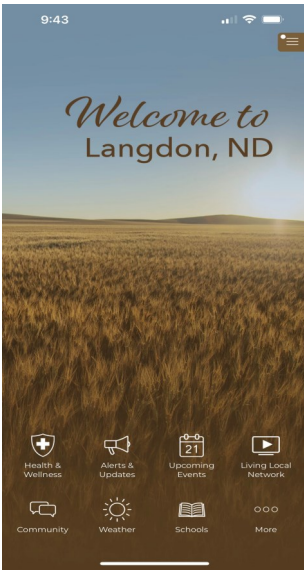


Cavalier County Health District recommends all individuals 6 months of age and older receive an influenza vaccine this season to prevent getting the flu. Influenza is an illness characterized by fever, body aches, cough and sore throat, not the “stomach flu” people often think of. Influenza illness can be particularly severe in the very young, very old, or individuals with other health conditions like heart disease, lung disease, and diabetes. **Please see *Clinic Schedule on page 3.***

New 988 Suicide & Crisis Lifeline

In 2020, the U.S. had one death by suicide every 11 minutes. Suicide is a leading cause of death for people aged 10-34 years. In response to this tragic reality, in 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. ***There is Hope.*** Just call or text 988 or chat 988lifeline.org

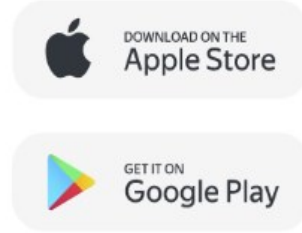




NEW Langdon Living Local App

Have you felt in the dark about what is going on in our community? Ever wish there was one place where you could find most everything you needed to know about events and community alerts? Well, no need to be in the dark any longer because the new Langdon, ND Living Local app is here! The app is in its early stages but includes school and community calendars as well as important community alerts and vital health information.

Download the App



Car Seat Check-up Event

On July 13, 2022, Safe Kids Grand Forks held a car seat check-up event at the Cavalier County Courthouse. Safe Kids had a great turnout for the event. They were able to inspect 10 car seats and **ALL** of them were installed and/or being used incorrectly. Safe Kids also was able to distribute 3 new car seats to families in need. The Safe Kids staff also had a display showing the difference between the temperature outside vs. the actual temperature inside the vehicle. This was a great way to educate the community and provide a visual example of temperature and how dangerous it truly is to leave a child or pet in a car unattended.



Honor Roll

Cavalier County Health District has once again been recognized by the North Dakota Immunization Program for the following:

Influenza Immunization Honor Roll for the 2021-2022 influenza season

Infant Immunization Honor Roll for the second quarter of 2022

Pediatric Immunization Honor Roll for the second quarter of 2022

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.



Molly Howell (NDDOH Immunization Director) and Steph Welsh (CCHD director)



| | | | |
|--------------|-------------------------------|-----------------|-------------|
| September 26 | CCHD Office | 8:00am—4:30pm | |
| September 29 | Wales Hall | 10:00am—11:00am | |
| October 3 | Munich Ambulance Center | 9:00am—11:00am | |
| October 4 | Sarles Legion Hall | 9:00am—10:00am | |
| October 5 | Alsen Elevator | 8:45am—9:45am | |
| October 5 | Nekoma Pain Reliever | 10:30am—11:30am | |
| October 6 | Cavalier County Senior Center | 11:00am—1:00pm | |
| October 7 | CCHD Office | 8:00am—4:30pm | |
| October 10 | Milton Fire Hall | 10:00am—11:00am | |
| October 12 | CCHD Office | 8:00am—6:30pm | Open Late!! |
| October 17 | Osnabrock Fire Hall | 10:00am—11:00am | |
| October 18 | CCHD Office | 8:00am—4:30pm | |
| October 19 | Calvin Farmers Union | 8:45am—9:45am | |
| October 19 | Hannah Café | 10:30am—11:30am | |
| October 20 | Munich Ambulance Center | 9:00am—11:00am | |
| October 21 | CCHD Office | 8:00am—4:30pm | |
| October 24 | CCHD Office | 8:00am—4:30pm | |
| October 26 | CCHD Office | 8:00am—6:30pm | Open Late!! |
| October 31 | CCHD Office | 8:00am—4:30pm | |
| November 3 | CCHD Office | 8:00am—4:30pm | |
| November 10 | CCHD Office | 8:00am—4:30pm | |
| November 14 | CCHD Office | 8:00am—4:30pm | |
| November 17 | Munich Ambulance Center | 9:00am—10:00am | |
| November 23 | CCHD Office | 8:00am—4:30pm | |
| November 29 | CCHD Office | 8:00am—4:30pm | |



Curbside vaccination available upon request
Save time! Fill out your forms ahead of time at

tinyurl.com/ImmCCHD



Cavalier County Health District
 (701) 256-2402

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-share.
- 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 or use NDTip to submit an anonymous tip to law enforcement.



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

Upcoming Alcohol-Free Events

September

- **Farmers Market**
Every Thursday from 4-6pm
Located at St. A's park across from the courthouse.
- **Land of Oz Celebration**
September 17th
Parade at 1pm, Bouncy houses, food truck, and vendors.
- **Walhalla Giant Pumpkin Fest**
September 24th 9am-4pm
Activities include a Farmers Market, Kiddie Train Rides, Giant Pumpkin Weigh-In Contest, etc.
- **Downhill Mountain Bike Race**
September 24th at 1pm
Located at Frost Fire Park.

October

- **Farmers Market**
Every Thursday from 4-6pm
Located at St. A's park across from the courthouse.
- **Langdon Spooktacular**
October 29th 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

- **Farmers Market**
Every Thursday from 4-6pm
Located at St. A's park across from the courthouse.
- **Parade of Lights, Santa, and Fireworks**
November 25th from 7:30-8:30 pm
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.

Health Fair

Langdon Prairie Health held a Health Fair & Blood Drive on June 21, 2022. There were a total of 22 vendors, 55 blood donors of which 45 were able to donate, and 120-140 attendees. Cavalier County Health District had a booth educating community members on substance use and safe medication disposal as well as a booth aimed at bringing awareness to how much sugar may be in what we are drinking. It was an educational day that Cavalier County Health District was proud to be a part of.



Youth Safety Day

Progressive Agriculture Safety Day, held on June 7, drew 55 children in grades 2-6 from Cavalier County for a half-day session on how to take responsibility for their own safety and health. According to Steph Welsh with Cavalier County Health District, children learned how to identify safety hazards and to make safer and healthier decisions.

Hands-on experiences led by local community members and regional volunteers taught participants about life-long safety lessons. The safety day was sponsored by the Progressive Agriculture Foundation and its sponsors. Safety Day included presentations and activities in the following areas: Medication Safety, Emergency Care and First Aid, ATV Safety, Bullying, Internet Safety, Underground Utility, Fire Safety, and Sun Safety.

The safety day's success is due in large part to the generous support of many organizations and volunteers.

Thanks to all the volunteers and presenters who made the day a success.



2022 Safety Day Attendees and Volunteers





Public Health

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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.

cavaliercountyhealth.com

facebook.com/cavaliercountypublichealth/

instagram.com/cchd_langdon/



SAVE A LIFE. GET NALOXONE TRAINED.

ANYONE CAN SAVE A LIFE during an opioid overdose **WITH NALOXONE**, a front-line defense in the nation's opioid crisis. Naloxone is a life-saving drug that, when sprayed into the nose or injected, quickly reverses the powerful effects of opioids during an overdose. **FREE Narcan and Narcan training** is available at Cavalier County Health District (CCHD). To schedule your free training and obtain free Narcan, call CCHD at 701-256-2402.



Tobacco Tax

North Dakota's tax on cigarettes is **44 cents per pack** of 20 cigarettes. Cigar and pipe tobacco are taxed at 28% of the wholesale price. North Dakota is ranked **49th lowest** in the nation for tobacco tax and hasn't raised their tobacco tax since 1993.

Increasing the price of tobacco through taxes is a proven-effective way to help people quit and keep youth from ever starting to use tobacco.

Learn more at: tinyurl.com/ycye6yc3



EXPIRATION DATE EXTENDED

FOR THE MOST UP-TO-DATE EXPIRATION PLEASE VISIT



tinyurl.com/ev4pphbd

CHECK LABEL BEFORE USE:
EXAMPLE: 2022-11-19 NOW -> 2023-05-19