



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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DECEMBER 2023

It's not too late to get a FLU Shot!

CDC recommends a yearly [flu vaccine](#) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the top four flu virus strains that research indicates will cause the most illness during the current flu season.

If you are an uninsured adult, you may be eligible to receive FREE vaccines including Flu, Covid, Tetanus, and/or Pneumonia vaccines so don't let the worry of cost stop you from protecting yourself and your family.

So be sure to get your flu shot this year and stay healthy.

Gather safely this holiday season: COVID vs. RSV vs. FLU

COVID-19	SYMPTOMS.....	RSV	SYMPTOMS	FLU	SYMPTOMS.....
	<ul style="list-style-type: none"> ● Fever or chills ● Cough ● Shortness of breath or difficulty breathing ● New loss of taste or smell ● Sore throat ● Congestion or runny nose 		<ul style="list-style-type: none"> ● Runny nose ● Coughing ● Fever ● Appetite decrease ● Dehydration 		<ul style="list-style-type: none"> ● Fever or chills ● Cough ● Sore throat ● Runny or stuffy nose ● Muscle or body aches ● Headaches ● Fatigue (tiredness) ● Vomiting and diarrhea
	<ul style="list-style-type: none"> ● Muscle or body aches ● Headache ● Fatigue ● Nausea or vomiting ● Diarrhea 				

- **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 information.

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**

Break Free Youth Action Summit

Fargo Cass Public Health hosted dozens of middle and high school students from around the state, including 7 students sponsored by CCHD from LAHS, for the annual Break Free Youth Action Summit on October 10, 2023. 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. Positive change starts from within and these youth are working hard to drive that change. Thank you LAHS and CCHD staff and LAHS students for taking the time to learn about how youth can be an active part of tobacco prevention.



TFND Exposed Presentation

Heather Austin, Executive Director with Tobacco Free North Dakota and Courtney Howatt, Cavalier County Health District presented and educated LAES students grades 4-6 on nicotine and the dangers of vaping on November 15th, 2023.



LEARN HOW TO PROPERLY INSTALL A CHILD SAFETY SEAT.

Cavalier County Health District now has a CERTIFIED car seat technician available to help ensure your child is riding safely in a properly installed car seat.

This is a FREE service provided by appointment

FOR MORE INFORMATION, PLEASE CALL: 701-256-2402.



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

TEAR, FILL, SHAKE & TRASH



FREE Deterra kits are available at Cavalier County Health District

Upcoming Alcohol-Free Events

December 1

- Langdon Parade of Lights 5:30 pm
- Deals after Dark Shop locally after dark 5:30 pm

December 2

- Cookie Baking Contest @ Langdon Hardware drop-off @ 11 am and Judging @ noon

December 3

- Mingle and Jingle Brunch @ The Eagles 10:30 am—1 pm
- Kids Christmas Fun Fest @ Langdon American Legion noon-3 pm Come and see Santa!

December 11

- Community Band Holiday Concert @ Roxy Theatre 7 pm

December 2, 9, & 16

- Christmas Cash Giveaway *** Art Club—third Thursday of every month @ MMCC 6:30 pm

What is Binge Drinking?



4 DRINKS in 2 HOURS

5 DRINKS in 2 HOURS



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Cavalier County Health District

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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/

Protect Your Family from Radon



Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Radon is a gas that you can't **see**, **smell**, or **taste** — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

1
out of
15

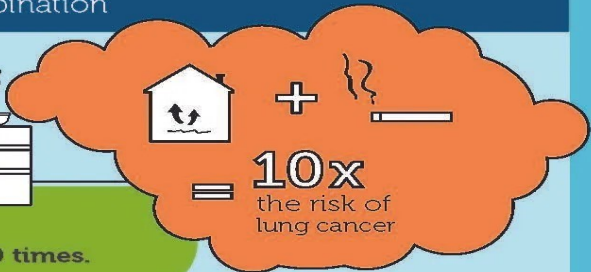


homes have high radon levels

Radon and Smoking: A Dangerous Combination

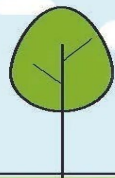


If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times**.



Take the First Step

There's good news — you can protect your family by testing your home for radon.



Cavalier County Health District has a free radon detector loaner program. Stop in or call to reserve one today.



Centers for Disease Control and Prevention
National Center for Environmental Health