



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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MARCH 2023

Public Health Funding Working in our Community

Day at the Capitol

Langdon Area High School (LAHS) Family, Career and Community Leaders of America (FCCLA) members had an opportunity to attend the ND Tobacco Free Coalition Day at the Capitol on January 26.

Members learned how the legislative process works in North Dakota and received information about tobacco prevention advocacy. Later, they were able to have lunch and visit with local legislators about current legislation, especially the cigar bar bill that had passed the House the day before. Finally, our members were able to sit with Rep. Monson, Rep. Anderson, Sen. Weston, and Sen. Myrdal for the daily House and Senate Floor Session. Thank you to area legislators for this great student opportunity.



Mental Health First Aid Class

Two local individuals have been trained to offer mental health first aid classes locally. Mental Health First Aid (MHFA) is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges. If you are interested in learning about MHFA, please contact Public Health at 701-256-2402.



Tech Classes



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**UNITED
AND
TURTLE
MOUNTAIN**
COMMUNICATIONS

Cavalier County Health District has partnered with United Communications to offer FREE tech classes. These classes are aimed at teaching community members how to perform basic tasks on their computers and/or smart phones such as how to check and send emails, etc.

Watch for upcoming classes!

VACCINATIONS BY AGE



AGES 0-6:

In the United States, routine vaccines are recommended in children between ages 0 and 6 years to prevent a number of serious or even deadly diseases.

The recommended schedule is available through the Centers for Disease Control and Prevention and includes at least 10 different vaccines:

- + Hepatitis B
- + DTaP
- + Polio
- + Rotavirus
- + HiB
- + Pneumococcal
- + Influenza
- + MMR
- + Chicken Pox or Varicella
- + Hepatitis A

Infants at higher risk may require two additional vaccines.



AGES 6-18:

- + Tdap*
- + HPV
- + Meningococcal conjugate
- + Annual flu
- + Boosters at age 16



AGES 19-24:

- + Annual flu
- + HPV
- + Meningococcal conjugate
- + Tdap*



AGES 25-64:

- + Annual flu
- + Tdap booster*



AGE 65 & UP:

- + Annual flu
- + Shingles (herpes zoster) (**Age 50 & Up**)
- + Tdap*
- + Pneumonia

*Tdap = Tetanus, diphtheria and pertussis or whooping cough vaccine

Munich Immunization Clinics

Munich Ambulance Center
Third Thursday of Every Month
9:00am—10:00am

***Except holidays**

Routine adult vaccinations will be available (COVID-19, Tdap, PCV13, PPV23, Shingles).

Childhood vaccinations will be available with prior notice.

To schedule your immunization time in advance please call
701-256-2402

Langdon Immunizations

Routine Adult and Childhood Immunizations:

Mon—Fri 8am-4:30pm
by appointment.

COVID-19 Immunizations:
Fridays by appointment.

***Except holidays**

Shingles and Tdap vaccinations are now **FREE** for Medicare part D beneficiaries

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 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.

Smart Sitter

BABYSITTING CLASS



SMART SITTER BABYSITTING CLASS

5.5 hour class | \$50 includes lunch

- January 2, 2023 – Grand Forks
- March 13, 2023 – Grand Forks
- April 29, 2023 – Grand Forks
- June 7, 2023 – Grand Forks

Register online: <https://bit.ly/3tW0loq>

Are you ready to stay home alone?

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- › Fire escape and severe weather planning
- › When to answer the door and the phone
- › Getting to and from school safely
- › Medication safety, first aid and Heimlich maneuver
- › Reasons to call 911
- › Cooking safety
- › Setting house rules
- › And much more!



SAFE AT HOME ALONE CLASS

3 hour class | \$20 includes snack

- November 5, 2022 – Grand Forks
- March 25, 2023 – Grand Forks
- May 6, 2023 – Grand Forks
- June 13, 2023 – Grand Forks
- July 20, 2023 – Grand Forks

Register Online: <https://bit.ly/3uhxhtp>

Narcan Training and Kit



ANYONE CAN SAVE A LIFE during an opioid overdose **WITH NALOXONE.**

If you are interested in this **FREE** opportunity please call *Cavalier County Health District* 701-256-2402

Covid-19 Testing & Self Testing Kits

Rapid Covid-19 NAAT testing is available at Cavalier County Health District (CCHD) **FREE** of charge. **by appointment only.**

Schedule by calling CCHD at 701-256-2402

Covid-19 at-home testing kits continue to be available at Cavalier County Health District **FREE** of charge.

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

Upcoming Alcohol-Free Events

March

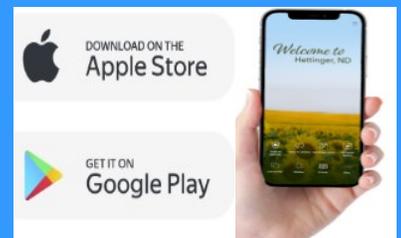
- **Knights of Columbus Fish Fry**
Every Friday from 5-7pm
Located at St. A's cafeteria.

April

- **Easter Egg Hunt**
April 8th starting at 10am
Located at United Lutheran Church

Langdon Living Local App

Your local app that includes school and community calendars as well as important community alerts and vital health information. You can find the app in your app store.



North Dakota Women, Infants, and Children Program (WIC) wants to see you and your family happy, healthy and thriving. WIC supports eligible women from pregnancy to delivery and children from a birth to 5 years old. To schedule an appointment please call 701-265-4764



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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/

Walk Audit Report

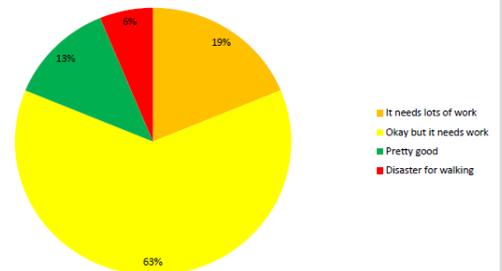
A community is considered walkable if it is easy as well as safe for pedestrians to walk for recreation, exercise, and to school, stores, parks, the post office, etc. Additionally, a walkable community encourages safe use of existing infrastructure while expanding transportation options for users with varied ranges of mobility.

A walkability assessment of an area along Hwy 5 in Langdon, ND was completed by Upper Great Plains Transportation Institute (UGPTI) in partnership with CCHD and community partners. The goal of this assessment was to bring all stakeholders together to identify the problems facing the community of Langdon when it comes to walking in the area.

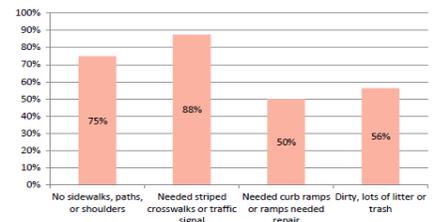
Results highlight the lack of pedestrian-related infrastructure along most of the assessed loop. The assessment results also show that most of participants agree that the infrastructure is in need of work.

Full report can be found at: <https://tinyurl.com/42yazsfw>

Walkability Total Rating Categories



Most Frequently Reported Problems



PHRASES THAT
VALIDATE
OUR CHILDREN

I'm here for you.

Tell me more.

That would be scary if you thought that.

I believe you.

I understand that.

That make sense.

PARENTS LEAD.™



NDQuits
1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits