



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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DECEMBER 2024

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 three 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.

**CCHD is offering vaccines at LAHS girls basketball games on
December 13th from 4:30 pm – 7:00 pm**

Vaccines being offered include: Flu, Covid-19, Pneumonia, Shingles, RSV, and Tdap—tetanus, diphtheria, and pertussis (whooping cough)

New Pneumonia Vaccine Recommendation



All adults age
50 ~~65~~ years and older

NEW recommendation as of October 2024



Anyone at increased risk for
pneumococcal disease due to certain
medical conditions or other risk factors



All children younger
than age 2 years

Cavalier County Health District has pneumonia vaccine available.
Call 701-256-2402 to schedule your immunization today!

FREE NARCAN TRAINING

- ✓ Barley Bin Cafe & Grill
- ✓ FM Bank
- ✓ Sip Happens

THANK YOU!



ALCOHOLIC BEVERAGE CONTROL

RBS TRAINING PROGRAM

- ✓ Barley Bin Cafe & Grill
- ✓ Sip Happens

THANK YOU!



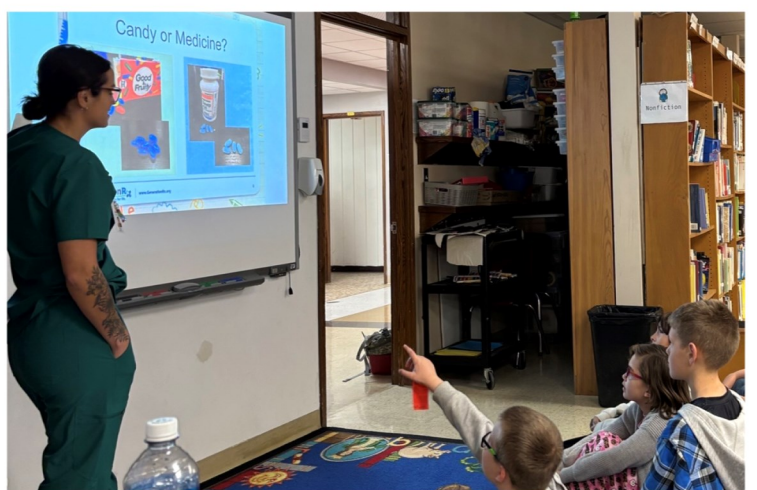
Cavalier County Health District (CCHD), in partnership with the Cavalier County Sheriff's Department and the North Dakota Safety Council, has been promoting public safety through two key training initiatives this quarter. They provided Responsible Beverage Server (RBS) training to Barley Bin Cafe & Grill and Sip Happens, helping staff learn best practices and state laws. Additionally, CCHD offered FREE Narcan training to Barley Bin Cafe & Grill, FM Bank, and Sip Happens, equipping them with Narcan and trained staff to respond to overdoses. CCHD thanks these businesses for their commitment to a safer environment.

Red Ribbon Week

This year, the Cavalier County Health District (CCHD) provided area schools with fence cups to create messages that enhance health awareness. These cups serve as visual reminders of the importance of healthy choices, particularly during Red Ribbon Week, which focuses on drug prevention and awareness.

Each school in Cavalier County selected a unique message to highlight during the week: Munich School chose "HEALTH, NOT HARM," St. A's opted for "BE DRUG FREE!," and LAHS emphasized "BE TOBACCO FREE." These slogans are intended to motivate students to pursue drug-free, healthy lifestyles.

Additionally, CCHD collaborated with the Cavalier County Sheriff's Department, NDSU Extension, and Langdon Area Schools to offer educational programs focused on substance use prevention. This comprehensive approach aims to empower students and promote a supportive community for making positive choices.






Free Car Seat Check

ARE YOU DOING IT RIGHT?



Join us for an important event dedicated to keeping your little ones safe.

-  **D&B Motors**
-  **Tuesday
December 10, 2024**
-  **4:30 pm - 6:30 pm**

Car seat checks are free to ensure your child is riding safely! Appointments are preferred but not required. Please call CCHD at (701) 256-2402 to reserve your spot today!

Upcoming Alcohol-Free Events

December 5

- Deals after Dark
Shop locally in Langdon after dark starting @ 5:30 pm

December 7

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

December 8

- Mingle and Jingle Brunch @ The Eagles 10:30 am—1 pm

December 9

- Community Band Holiday Concert @ Roxy Theatre 7 pm

January 27-31

- Artist in Residence @ Langdon Elementary School

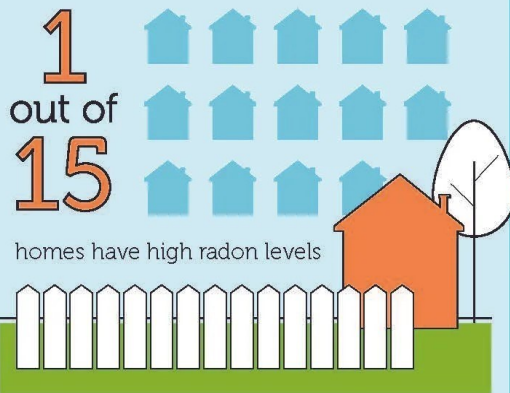
Art Club—third Thursday of every month @ MMCC 6:30 am—7:30 am

Protect Your Family from Radon

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.



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



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

What is Binge Drinking?



4 DRINKS 
in  2 HOURS

5 DRINKS 
in  2 HOURS



Public Health
Prevent. Promote. Protect.

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/



LOCK



MONITOR



TAKE BACK



If you have unused or unwanted medications, please take them to a take-back location or use a free medication disposal system for safe disposal.

Cavalier County Medication Take-back Locations

Langdon Community Drug

📍 805 3rd St, Langdon, ND 58249

Cavalier County Sheriff's Dept.

📍 901 3rd St #4, Langdon, ND 58249

Cavalier County Health District

*offers medication disposal systems, including Deterra and Dispose Rx only

📍 901 3rd St #11, Langdon, ND 58249

Are the Holidays Causing You Stress? CredibleMind Can Help!

Ready or not, the holiday season is here. Let's do a quick check-in—are you starting to feel stressed or overwhelmed? Take this short assessment at tinyurl.com/2mjb9xj3 to determine your holiday stress level. Afterward, find resources to learn how to thrive into the New Year and beyond.

