



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

Cavalier County Health District

SEPTEMBER 2024

Mental Health Matters

Taking care of our mental well-being is essential. Just like you take steps to improve your health by eating healthy or going to the gym. It is equally important to take steps to care for your mind.

Self-care is about more than just addressing challenges; it's about building a strong foundation for emotional, physical, spiritual, and social well-being. When we invest in ourselves and our mental health, we empower ourselves to handle life's ups and downs with greater strength and resilience.

Reducing the stigma around mental health is crucial to creating a supportive community where everyone feels comfortable seeking help and practicing self-care. By breaking down these barriers, we can foster an environment where everyone has the opportunity to grow stronger and lead fulfilling lives.

CredibleMind is a valuable resource available 24/7 for everyone. It offers a wide range of tools to support you through challenging times and to help you build resilience and practice self-care during the good times as well. Whether you need emotional, physical, spiritual, or social support; it's all about genuinely caring for yourself and your well-being.

To explore all that CredibleMind has to offer, head to cavaliercounty.crediblemind.com

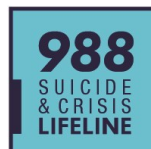
**Scan the QR code
for FREE, everyday
tools, you can use to
care for your mind!**



HELP IS 3 NUMBERS AWAY

911

Immediate
Emergencies



Suicide &
Emotional Support



Community Info &
Referrals



COVID-19, Flu, and RSV – We’ve Got Vaccines for All Three!

CCHD is offering a range of respiratory season vaccines at all fall vaccine clinics. This includes vaccines for pneumonia, RSV, COVID-19, whooping cough, as well as the traditional flu shot and FLUMist, which is a nasal spray flu vaccine.

See clinic schedule on page 3

Respiratory Virus Guidance Snapshot



Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days



REMINDER:

North Dakota Law requires all students entering kindergarten thru 12th grade be up-to-date on required vaccinations for school.

Routine vaccinations are required to enter **Kindergarten, 7th grade, and 11th grade.**

To schedule your child’s vaccines please call **Cavalier County Health District** (701) 256-2402.

*Online consent available, call to inquire



Fall Vaccine Clinics

September 26	CCHD Office	8:00am—4:30pm
October 2	CCHD Office	8:00am—4:30pm
October 3	Munich Ambulance Center	9:00am—11:00am
October 4	CCHD Office	8:00am—4:30pm
October 7	Osnabrock Fire Hall	8:30am—9:30am
October 8	CCHD Office	8:00am—4:30pm
October 10	Alsen Elevator	8:45am—9:45am
October 11	CCHD Office	8:00am—4:30pm
October 14	CCHD Office	8:00am—4:30pm
October 16	Sarles American Legion	9:00am—10:00am
October 16	Cavalier County Senior Center	11:30am—1:00pm
October 17	Munich Ambulance Center	9:00am—11:00am
October 17	Hannah Café	12:00pm—1:00pm
October 21	Calvin Farmer's Union	8:45am—9:45am
October 21	Wales Hall	10:30am—11:30am
October 22	CCHD Office	8:00am—6:00pm ←
October 24	Nekoma Pain Reliever	9:30am—10:30am
October 25	CCHD Office	8:00am—4:30pm
October 28	Milton Fire Hall	10:00am—11:00am
October 30	CCHD Office	8:00am—4:30pm
November 6	CCHD Office	8:00am—6:00pm ←
November 14	CCHD Office	8:00am—4:30pm
November 21	Munich Ambulance Center	9:00am—10:00am
November 22	CCHD Office	8:00am—4:30pm
November 25	CCHD Office	8:00am—4:30pm

Open Late!!

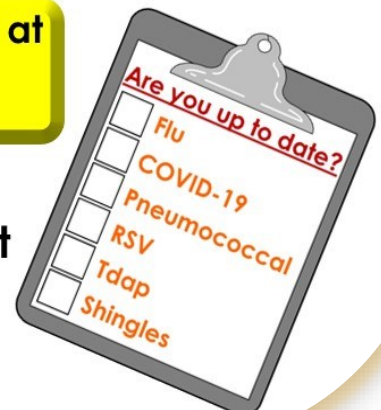
Open Late!!

Curbside vaccination available upon request



Save time! Fill out your forms ahead at

tinyurl.com/VaccCCHD



Cavalier County Health District
(701) 256-2402

Sip, Savor, and Stay Sober!

Sip Happens, opening in September, will offer weekly seasonal alcohol-free mocktails for those who want to enjoy socializing without the booze—or be the designated driver.

Owner Diane Simmons shares, "I had requests for mocktails as soon as I announced my wine bar. It's clear there's a need for great non-alcoholic options. Each week, we'll feature a new seasonal mocktail, like our upcoming Cranberry Coconut Lime Rickey."



Opening September 2024!

SIP HAPPENS mocktails

NEW FLAVORS
FEATURED
WEEKLY!

OPENING WEEK MOCKTAIL:

A CRANBERRY COCONUT LIME RICKEY MOCKTAIL IS A REFRESHING, NON-ALCOHOLIC DRINK THAT BALANCES TART CRANBERRY, SWEET COCONUT, AND ZESTY LIME, SERVED OVER ICE AND GARNISHED WITH A LIME WEDGE.



821 3rd St. Langdon, ND 58249

ALCOHOLIC BEVERAGE CONTROL
RBS
TRAINING PROGRAM



Schlitzzen Liquor

THANK YOU!

Responsible Beverage Server Training

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department and the North Dakota Safety Council offered Responsible Beverage Server (RBS) training to Schlitzzen Liquor this quarter. RBS training is state-approved and designed to educate owners, managers, and servers on best-serving practices and state laws. We would like to thank the owners and staff of Schlitzzen Liquor for taking a huge step in ensuring a safer space for its patrons.

Upcoming Alcohol-Free Events

September

- **Farmers Market**
Every Thursday from 4-6pm
Located at St. A's park across from the courthouse.
- **North Dakota Museum of Art Exhibit, The Great Open:** Photographs from North Dakota September 24th—Oct 3rd
Located at Cavalier County Courthouse

October

- **Community Band Rehearsals**
Mondays at 7pm starting October 7th
Located at LAHS
- **Langdon Truck or Treat**
October 31st from 4-6pm

November

- **Parade of Lights**
November 29th (lineup at 5:30pm)



You are the #1 influence in your child's life



Farm TOTABLE

Community Garden Box Project

A Cavalier County Health District Collaborative with LAHS and NDSU Extension - Langdon

GARDEN BOX LOCATIONS:

- Cavalier County Courthouse**
- Wheatland Estates**
- Maple Manor Care Center**
- Langdon Prairie Health**
- Cavalier County Senior Meals and Services**
- Milton CHS**
- Osnabrock Community Living Center**
- Munich Plaza/ First Insurance**
- Langdon Area High School**
- Langdon Elementary School**

Visit a garden box near you and if there's any remaining produce, we'd appreciate it if you could help us by harvesting it and enjoy the health benefits of fresh



Help keep our community safe.

NDTip is a way to alert our local Sheriff's Department about a crime, suspicious activity or traffic incidents by sending an anonymous tip via the ND tip app.

It's safe. It's easy. And it's anonymous



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Download the app





Public Health

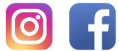
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Cavalier County Health District

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/



CCHD is back to normal business hours
Mon—Fri 8am—4:30pm
(Effective October 1st)

SHARED WALLS

SHARED AIR IS YOUR APARTMENT SMOKE FREE?

Toxic secondhand vape or smoke can drift into your home from outside or from other apartments.



Even breathing it for a short time can hurt your eyes, lungs and heart.



Secondhand vape and smoke contain chemicals known to cause cancer.



Kids who live around secondhand smoke have more breathing problems, ear infections and delayed brain development.

Keep your family healthy and safe. Make sure smoking and vaping are not allowed in your apartment building or outdoor areas.

