



**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District

# Cavalier County Health District

DECEMBER 2025

## Kratom in North Dakota: What You Should Know

Kratom is legal, but completely unregulated in North Dakota. It's sold in gas stations and vape shops in bright, candy-like packaging and sweet flavors—often with no warnings, no age limits, and no safety standards.

In 2025, ND House Bill 1101 attempted to ban kratom by classifying it as a Schedule I drug, but it failed. As a result, anyone can still buy, sell, or use kratom in ND, and products are not required to be tested, labeled, or proven safe.

**Why this matters:** Kratom has been linked to addiction, contamination, seizures, and psychosis—yet it's marketed like an everyday snack. With no oversight, product strength and purity can vary widely.

**Bottom line:** This is what the addiction-for-profit industry looks like—sweet flavors, flashy marketing, and products sold like candy, all with zero safety standards or regulation.

**Awareness is key:** Spread the word, check local retailers, and support community efforts to limit access to kratom and other emerging substances.



### Signs of Substance Abuse

- ✓ Noticeable changes in school performance
- ✓ Sudden changes in social patterns (new friends, activities)
- ✓ Sudden mood changes
- ✓ Peculiar odors
- ✓ Secretiveness about friends or activities

PARENTS LEAD ORG

### ND Addiction & Recovery Resources

If you or someone you love is struggling with substance use, free and confidential help is available in North Dakota.

**Where to start:**

• **Call/Text 211** – 24/7 helping individuals find local behavioral health resources.

• **ND Behavioral Health Services** – treatment, recovery programs, and local provider directory:  
[hhs.nd.gov/behavioral-health/addiction](https://hhs.nd.gov/behavioral-health/addiction)

Help is close to home. Reaching out is the first step.

## CCHD in the Community



Med Take-Back Event

### Farmers Market Take-Back Event

Thank you to everyone who stopped by our Medication Take-Back table at the Langdon Farmers Market. With your help, CCHD and the Cavalier County Sheriff's Department safely removed unused and expired medications from homes, reducing the risk of accidental poisoning, misuse, and environmental harm. CCHD is grateful for your partnership in keeping our community healthy and safe.

### Blind Spot Backpack Education

CCHD Tobacco Prevention Coordinator presented the "Blind Spot Backpack" education to staff at Munich School, LAES, and LHS. The backpack is a collection of resources that help educators recognize and address issues related to vaping, alcohol, and paraphernalia.



Blind Spot Backpack Education

### Red Ribbon Week Education



Red Ribbon Week- Tobacco

CCHD Tobacco Prevention Coordinator presented at Munich School for Red Ribbon Week, offering age-appropriate lessons to all students. Kindergarten-3rd grade learned about medication safety, grades 4-6 received a youth vaping awareness presentation, and grades 7-12 participated in a group conversation focused on vaping, nicotine, and nicotine pouches.

### Growing Healthy Habits: Microgreens

NDSU Extension – Cavalier County visited Langdon Area High School and Munich Public School to teach students how to plant, grow, and harvest microgreens using simple starter trays and soil plugs. Within 1–2 weeks, the greens form a full canopy and are ready to enjoy. Students learned how easy it is to add them to salads, burgers, and other dishes. This hands-on learning opportunity was funded by CCHD through the Maternal and Child Health Services grant from HRSA.




Microgreens Education









## FREE CAR SEAT SAFETY CHECKS


AND LOW TO NO COST CAR SEATS AVAILABLE!



**ARE YOU USING YOUR CHILD'S CAR SEAT CORRECTLY?**  
4 out of 5 aren't. **DON'T TAKE THAT RISK!**

<p> Munich Ambulance Center</p> <p> Jan. 14, 2026</p> <p> 4:30 - 6:30 pm</p>	<p> D&amp;B Motors - Langdon</p> <p> Feb. 11, 2026</p> <p> 4:30 - 6:30 pm</p>
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\*\*\*Both event locations are indoors and heated\*\*\*  
Appointments recommended, but walk-ins welcome!  
☎ Call 701-256-2402 to book your check or learn more

 Your child's safety starts with the right seat. Let's make sure it's done right, together.

**2-1-1** Get Connected. Get Help.™ **Call 211 or Visit SC211.org to find help with:**

<p>Child Care</p> <p>Education</p> <p>Employment</p> <p>Financial Counseling</p>	<p>Food</p> <p>Healthcare</p> <p>Housing</p> <p>Prescription Assistance</p>	<p>Utility Bills</p> <p>And so much more – just tell us what you need</p> <p><b>2-1-1 or 866.892.9211</b></p>
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 **SCAN ME TO CONNECT**



**NARCAN &**  
ALCOHOLIC BEVERAGE CONTROL  
**RBS**  
TRAINING PROGRAM



Cavalier County Health District, in cooperation with the Cavalier County Sheriff's Department and the North Dakota Safety Council, recently provided Responsible Beverage Server (RBS) and Narcan training to:

- ☒ Upper Decker Bar (RBS & Narcan)
- ☒ Dahl Truck & Auto (Narcan Only)

These trainings help staff understand best-practice procedures, state laws, and how to SAVE A LIFE by responding to a possible overdose.

If you, your business, or someone you know would like FREE Narcan training, please contact Courtney Howatt, RN, at (701) 256-2402.

**THANK YOU!**

## Alcohol-Free Events

### December 4

- MS Band/Choir Concert  
@ LHS gym, 7:30 pm

### December 4, 11, & 18

- Deals After Dark  
4-6 pm

### December 6

- Cookie Baking Contest  
Drop off by 11 am  
Judging @ 12 pm

### December 6 & 13

- Christmas Cash Giveaway

### December 8

- Comm. Band Holiday Concert  
@ The Roxy, 7 pm

### December 9

- HS Band/Choir Holiday Concert  
@ LHS Gym, 7:30 pm

### December 10

- SAS K-8 Vocal/Band Concert  
@ SAS Parish Hall, 7 pm

### December 11

- SAS Preschool/Pre-K Concert  
@ SAS Parish Hall, 6:15 pm

### December 15

- K-4 Elem. Holiday Concert  
@ LAES Gym, 7 pm

### December 16

- 5-6 Elem. Holiday Concert  
@ LAES gym, 7 pm

### February 10

- HS Band/Choir Winter Concert  
@ LHS gym, 7:30 pm

### February 21 & 22

- Community Talent Showcase  
7 pm on the 21st  
2 pm on the 22nd



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**Cavalier County Health District**

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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](http://cavaliercountyhealth.com)

[facebook.com/cavaliercountypublichealth/](https://facebook.com/cavaliercountypublichealth/)

[instagram.com/cchd\\_langdon/](https://instagram.com/cchd_langdon/)

## PROTECT YOURSELF AND YOUR LOVED ONES THIS SEASON

Vaccines are one of the best ways to prevent serious illness from Flu, COVID-19, RSV, and Pneumonia.

- **Flu:** Annual vaccine for everyone 6 months+
- **COVID-19:** Annual vaccine for everyone 6 months+, and a spring booster dose is available for adults 65+
- **RSV:** Protection available for adults 75+, pregnant women, infants, and those with certain health conditions
- **Pneumonia:** Vaccines recommended for children under 5, adults 50+, and those with certain health conditions

**Vaccines work best when paired with simple everyday prevention. Follow the CDC's Respiratory Virus Guidance Snapshot to layer these strategies and protect yourself and others.**

## 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



\*Stay home and away from others until,



and



Your symptoms are  
getting better

You are fever-free  
(without meds)

**for 24 hrs**



Then take added precaution  
for the next 5 days



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