



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

Cavalier County Health District

# Cavalier County Health District

JUNE 2025

## Measles is in North Dakota—What You Need to Know

The United States is currently experiencing a measles outbreak, with confirmed cases in North Dakota. Health officials are urging residents to stay informed, check their vaccination status, and take precautions to prevent further spread.

### MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



### What to do if you think you or your child has measles

- **Everyone in the house should stay home** to not get your neighbors or people outside of your home sick.
- **Call a doctor or hospital Before** seeking care if you are having any of the above symptoms. **They will give you instructions.**

### MMR vaccination is the best way to prevent measles

MMR vaccine is typically given between 12 and 15 months of age and a booster dose is given after the age of 4. Early vaccination is recommended for those travelling to places with active measles outbreaks.

### COMPLICATIONS

- **Ear infections:**  
1 in 10 children
- **Pneumonia:**  
1 in 20 children
- **Brain swelling:**  
1 in 1,000 children
- **Hospitalization:**  
1 in 5 unvaccinated people
- **Death:**  
1-3 of every 1,000 children

### LONG-TERM COMPLICATIONS

- **Immune amnesia:**  
Measles can wipe out immune memory, making you vulnerable to other infections.
- **SSPE:** A rare, fatal brain disease that can develop 7–11 years after measles, especially in children infected before age two.

# Farm TO TABLE

## Community Garden Box Project

A Cavalier County Health District Collaborative with LAHS, Munich School, 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**  
**Cavalier County Library**  
**Nekoma (by Fire Hall)**

Cavalier County Health District, LAHS FCS Department, Munich School and NDSU Extension have continued their garden box project this year with support from the ND Department of Health and Human Services Maternal and Child Health Program. While no new boxes were built this year, existing ones were replanted with help from LAHS and Munich students and NDSU Extension.

This project teaches students about farm-to-table gardening and provides free, fresh produce to the community. Watch the plants grow, and feel free to harvest when ripe!



## Munich and Langdon Students Planting Garden Boxes





## FREE Car Seat Check Events

|  |  |
|--|--|
|  Munich Ambulance<br> July 17 & August 21, 2025<br> 9:00 - 10:00 am |  Langdon Daycare<br> July 30, 2025<br> 3:30 - 5:30 pm |
|--|--|

There is so much to know about safe car seat use, and it can be confusing. Let us help you ensure your child's car seat is installed correctly and the fit is appropriate.

Appointments are preferred but walk-ups are accepted. Call 701-256-2402 to schedule.


**Public Health**  
Prevent. Promote. Protect.  
Cavalier County Health District

## Youth Safety Day

On May 7, Progressive Agriculture Safety Day brought together 64 students in grades K–8 from Munich School for a half-day of hands-on learning about personal health and safety. Led by local and regional volunteers, students learned to recognize hazards and make safer choices in areas such as grain handling, fire safety, first aid/CPR, medication use, sun protection, animal safety, helmet use, and underground utility safety. The event emphasized lifelong safety skills through interactive education.

CCHD would like to thank the Progressive Agriculture Foundation and all participating sponsors and volunteers for their vital support, including Munich Fire Department, Munich Ambulance, Cavalier County Sheriff's Department, NDSU Extension, Safe Kids Grand Forks, Cavalier Rural Electric Co-Op, and Munich School.





### Sober Curious? So Are We.

At *Sip Happens*, owner Diane Simmons has seen a growing number of guests choosing to skip the alcohol, without missing out on flavor. In response, they've added a new non-alcoholic beer to their expanding menu of NA options. "Our mocktails have become increasingly popular," says Diane. "A lot of guests tell us, 'I just don't want to feel it tomorrow.'" That shift in mindset has made the Moscow Mule mocktail a popular choice—crisp, refreshing, and perfect for summer sipping.



### Life Jacket Loaner Program

Cavalier County Health District, in cooperation with Safe Kids Grand Forks, offers life jackets for all ages **FREE** to borrow for up to 2-weeks. Call 701-256-2402 or stop by Cavalier County Health District.

**COMING SOON** to Mt. Carmel Dam, **FREE** life jacket loaner program. Watch for updates.

### Bike Helmets

Cavalier County Health District has a limited supply of **FREE** bicycle helmets for toddlers and young children. If you need a bicycle helmet, stop by Cavalier County Health District and have your child fitted.

If your child has a bicycle helmet and you are unsure of the fit, you are welcome to bring your child and their bicycle helmet and we can ensure proper fit.



### Portable Lactation Tent

Available to check out **FREE** of charge for use at events in Cavalier County. The lactation tent comes complete with a folding table, changing table, and lounge rocker.

**To learn more or to reserve the tent for your next event, call 701-256-2402**

## Alcohol-Free Events

### June

- Summer Concert Series  
at Boyd Block– Langdon  
*June 5 & 12 @ 7pm*
- Frost Fire Park  
Summer Theater:  
*The Last Five Years*  
Location: Walla Theater in Walhalla  
*June 13, 14, & 15*  
Get Tickets Now:  
[frostfirepark.org/summer-theatre](http://frostfirepark.org/summer-theatre)

### July

- Kids Art Day Camp with Mindy  
*July 16 & 17*  
For more information contact:  
**Amber 701-305-0089**
- Chalk The Walk & Kids Events  
*July 19 (Music Fest)*
- FREE Movie at the Roxy  
*July 19 (time TBD)*

### August

- FREE Movie at the Roxy *August 14 (time TBD)*
- Frost Fire Park  
Encore Camp  
*August 4–8*  
Register at:  
[frostfirepark.org/encore-camp](http://frostfirepark.org/encore-camp)

### ALL SUMMER

- Langdon Pool
- Sarles Pool
- Cavalier County Library  
visit:  
[tinyurl.com/2wvvdabh](http://tinyurl.com/2wvvdabh)
- The Roxy Theatre
- Missile Site Tours  
visit: [rsl3.com](http://rsl3.com)

## Narcan Training

CCHD would like to thank the owners and staff of Farmers and Merchants State Bank in Langdon for taking the time to learn how they can SAVE A LIFE!

They have Narcan on hand as well as trained staff that can help should an overdose occur in their establishment.

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

## FREE NARCAN TRAINING

 *Farmers & Merchants  
State Bank*

THANK YOU!




## Langdon Prairie Health Health Fair

On April 30, Cavalier County Health District partnered with the Cavalier County Sheriff's Department to offer a Medication Take-Back event during the LPH Health Fair. Community members were encouraged to bring expired or unwanted medications for safe and secure disposal, helping to prevent misuse and protect the environment.




## 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 at home medication disposal systems including Detera and Dispose Rx only

 901 3rd St #11, Langdon, ND 58249



**Help with addiction  
STARTS HERE**

**CALL OR TEXT  
701.291.7901**

Free • Confidential • Anonymous



**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**

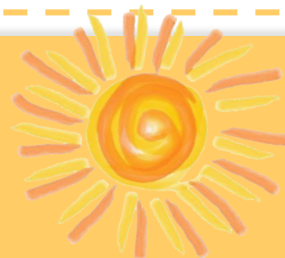
[cavaliercountyhealth.com](http://cavaliercountyhealth.com)

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

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



CCHD Summer hours are  
**Mon—Thu** 8am—4:30pm  
**Fri** 8am—12pm  
(Effective May 1st—September 30th)



## More CCHD Staff in the Community

This winter, CCHD staff visited elementary classrooms across Cavalier County to read with students and provide dental health education. In addition, CCHD conducted home visits to support community members with medication assistance needs.



Dental Education



Reading Month



Home Visiting

**988** SUICIDE & CRISIS  
LIFELINE

**24/7 CALL, TEXT, CHAT**