



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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MARCH 2026

Measles is in North Dakota—What You Need to Know

North Dakota is currently experiencing a measles outbreak, with confirmed cases in Pembina, Walsh, and Williams Counties. Cavalier County Health District is 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 counties 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.

CCHD Programs

Cavalier County Health District is excited to share the following services to support families and our community:



Cribs for Kids Program

Every baby deserves a safe place to sleep. Through Cribs for Kids, eligible families such as those who are unable to afford a separate, safe space for their baby to sleep can receive a free portable crib and safe sleep education to help reduce the risk of SIDS.



Car Seat Distribution Program

Properly installed car seats save lives. We now offer free or low-cost car seats to eligible families—including those enrolled in Medicaid, WIC, TANF, Healthy Steps, or without insurance—along with personalized education to help ensure every child travels safely.



Health Tracks (Well-Child Exam)

Health Tracks offers free preventive health screenings, education, and resources for Medicaid-eligible children from birth to age 21. Services may include physicals, vision and hearing checks, developmental and behavioral screenings, dental checks with fluoride varnish, immunizations, and health education for both parents and teens.



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.



Life Jacket Loaner Program

Cavalier County Health District, in cooperation with Safe Kids Grand Forks, offer life jackets for all ages **FREE** to borrow for up to 2-weeks

Call us at **(701) 256-2402** to learn more

Interested in Hosting a Community Garden Box?

Cavalier County Health District is seeking community partners interested in hosting a garden box for the upcoming growing season. Garden boxes provide free, fresh fruits and vegetables for community members while promoting healthy eating and local engagement. A limited number of garden boxes are available. Host sites are responsible for watering, weeding, and completing the final harvest and seasonal clean-up, while plants, seeds, soil, and supplies will be provided.

If your organization, business, or community location is interested in hosting a garden box, please contact Cavalier County Health District at 701-256-2402 for more information.



CAVALIER COUNTY SEED LIBRARY

KICK-OFF

Join us for the launch of the Cavalier County Seed Library!

A FREE community event celebrating gardening, seed sharing, and local partnerships.

APRIL
MONDAY **13** 5-7 PM

AT THE CAVALIER COUNTY LIBRARY



5:00-6:30 PM

COME-AND-GO OPEN HOUSE

- Learn how the Seed Library works
- Browse and check out FREE seeds for spring planting
- Meet community partners
- Ask questions



6:30-7:00 PM

GUEST SPEAKER: NDSU EXTENSION

- Gardening tips for North Dakota
- How to save and return seeds from your harvest
- Helping sustain the Seed Library

ABOUT THE SEED LIBRARY

This project is a partnership between Cavalier County Health District, NDSU Extension, and the Cavalier County Library. Seeds are available at no cost each spring, with gardeners encouraged to return seeds from their harvest in the fall to help sustain the program.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) grant, Maternal and Child Health Services. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.



Cavalier County
LIBRARY



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NDSU

EXTENSION
CAVALIER COUNTY



Spring is near and at Sip Happens we continue to see a good number of adults of all ages, choosing a non alcoholic lifestyle, as well as those opting for a NA drink just some of the time. We're thrilled to be able to serve the sober curious and NA population.

Soon we will be offering a few more mocktails choices on our drink menu. We will bring Dirty Sodas to Sip Happens, basically a soda of your choice such as Coke, Sprite, diet options and others which we will make "dirty" by adding flavored syrups, juices and creams, to create a Dirty Soda, no alcohol involved. These are a great choice for the sunny days ahead! A Spiritless Espresso Martini is also a delicious option, let us shake one up for you!

Alcohol-Free Events

March

- **Midwest Recital Tour**
Andrew C. Egbuchiem
Evening of March 26th
at Emmanuel Evangelical Church
- **Community Band Rehearsals**
7-8p every Monday
LAHS Band Room

April

- **After Prom Party**
Evening of April 11th
For students only
Located at LAHS
- **Community Band Rehearsals**
7-8p every Monday
LAHS Band Room
- **Community Book Discussion**
April 20th. Contact
Cavalier County Library
for more info.

May

- **Summer Concert Series:**
LAHS Jazz Band & Pop
Choir
May 28th 5-8 pm
Located at Boyd Block
- **Grad Party**
Evening of May 24th
For students only
Located at LAHS

PARENTS LEAD.ORG

Body Image and Media Influence

Kids are surrounded by media that often promotes unrealistic and edited beauty standards, making it hard to know what's real. This can impact self-esteem and body image. Talking openly about media influence helps kids build confidence and value their uniqueness.

FREE Car Seat Check Events

- ♥ Langdon Daycare Center
- 📅 May. 21, 2026
- 🕒 3:30 - 6:00 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.

Career Co-op Student



CCHD had the pleasure of hosting Isabelle Vikan, an LAHS career Co-op student this past fall. She was truly a joy to have around.

“My name is Isabelle Vikan. I am a junior at Langdon Area High School and I have lived in Langdon my whole life. I am involved in many extracurricular activities within my school such as FCCLA, Softball, and Cheerleading. Last semester I had the opportunity through my Career Co-op class to spend some time with Cavalier County Public Health. During my time there I got to experience home visits, immunizations, and all the things that Public Health offers for our community. I really enjoyed my time there, and I think this experience was very beneficial as someone who is planning to go into the medical field.”

- Isabelle Vikan

HOW DOES NORTH DAKOTA MEASURE UP IN TOBACCO CONTROL?

The latest snapshot from the *State of Tobacco Control* report!

North Dakota receives mixed results in tobacco control policy — with strong smokefree laws but clear areas for improvement that can protect health and save lives.

Key Grades for North Dakota:

- B Tobacco Prevention & Cessation Funding:** Solid investments exist but are still below CDC best practice recommendations for effective reductions in tobacco use.
- A Smokefree Air Laws:** Comprehensive protections exist in workplaces, restaurants, bars, and more, including e-cigarettes.
- F Tobacco Taxes:** ND has one of the lowest cigarette taxes in the nation at \$0.44 per pack.
- B Access to Cessation Services:** Good coverage exists for quitting support through Medicaid and insurance plans.
- F Flavored Tobacco Product Policies:** No state regulation restricting flavored tobacco exist in ND, including products popular with youth.

Why it matters:

Tobacco use remains a leading cause of preventable disease and death. Strong state policies, like higher tobacco taxes and limits on flavored products, can help reduce smoking rates and protect youth.

Learn more and take action to support healthier communities across North Dakota at:

<https://www.lung.org/research/sotc/state-grades/north-dakota>





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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

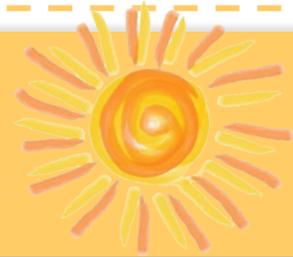
cavaliercountyhealth.com

facebook.com/cavaliercountypublichealth/

instagram.com/cchd_langdon/



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



Meet CCHD Staff



Stephanie Welsh

Stephanie Welsh graduated from the University of North Dakota with a bachelor’s degree in nursing in 1997. She has been employed at Cavalier County Health District since 2007 and has served as the Administrator since 2020. She is married to Kevin and has 4 adult children and 2 grandchildren. “I love my work in public health. It’s focus on prevention and population health fits my internal values as a nurse making it a fulfilling career that I have enjoyed very much,” said Welsh.

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