



Public Health
Prevent. Promote. Protect.

**Nelson-Griggs
District Health Unit**

Nelson-Griggs District Health Unit Newsletter

JULY 2023

July:

*UV Awareness
Month*

August:

*National Breast-
feeding Month*

*National Im-
munization
Awareness
Month*

*Summer Safety
Month*

September:

*National Fruit &
Veggies Month*

*Suicide Preven-
tion Awareness
Month*



Tobacco Free Parks

City parks and recreational areas are places that children and families should be able to go to and enjoy their time together. These areas should be about nature, clean air and healthy activities. Tobacco and secondhand smoke should not be a part of these spaces.

More and more outdoor areas are becoming tobacco-free as people realize the dangers of tobacco and secondhand smoke. Not only is tobacco products bad for your health, the waste is bad for the environment. Nelson-Griggs District Health Unit has asked all local parks to adopt a tobacco-free policy. We would like to thank the 3 local parks who have tobacco-free policies already in place. If you would like to see your local park or recreation area be tobacco-free, contact us or your local park board members.



Thank You to the following Parks that are
Tobacco-Free:

Lakota City Park

Cooperstown City Park

**Nelson County Historical Society at Stump
Lake Park**

September is **Suicide Prevention Month**. The [988 Suicide & Crisis Lifeline](https://www.988lifeline.org/) is a free, confidential 24/7 phone line that connects individuals in crisis with trained counselors across the United States. People call to talk about coping with lots of things: substance use, economic worries, relationships, sexual identity, illness, abuse, mental and physical illness, and loneliness.

If you think someone is in crisis or at risk of suicide, be a lifeline. Stay with them until you can get them help and call, chat, or text 988. Learn other ways to help www.samhsa.gov/suicide #988lifeline #mentalhealthmonth.

Resource: <https://www.samhsa.gov/mental-health/suicidal-behavior>

Suicide WARNING SIGNS for Youth 

<ol style="list-style-type: none"> 1 Talking about or making plans for suicide 2 Expressing hopelessness about the future 3 Displaying severe/overwhelming emotional pain or distress 4 Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. 	<p>Specifically, this includes significant:</p> <ul style="list-style-type: none"> ▶ Withdrawal from or changing social connections/situations ▶ Changes in sleep (increased or decreased) ▶ Anger or hostility that seems out of character or out of context ▶ Recent increased agitation or irritability
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 If you or a friend is in crisis, call or text 988 or chat at [988Lifeline.org](https://www.988lifeline.org)

988
SUICIDE
& CRISIS
LIFELINE

Scrubs Camp

NGDHU participated in Scrubs Camp in April with students from Dakota Prairie and Lakota High School.

Students learned about immunization schedules, needle sizes and anatomical sites to administer vaccines. They received a scenario about a child coming in to be vaccinated. They then had to figure out what vaccine that child was due to receive, what size needle to use and where to administer the vaccine. They then got to administer the vaccine that they drew up into an orange.



Griggs County Library Event

Griggs County Library held its Tons-of-Trucks summer reading kick-off party with an afternoon of fun in June. NGDHU attended and educated the public about Sun Safety and how to protect yourself from West Nile and wood ticks. The “Diversion Room” was set up in the library for adults to look through. The purpose of the room is to make parents aware of where their children could conceal tobacco, vape products, alcohol or other drugs.



School Immunizations

Summer is a great time to get your child up-to-date with immunizations before the hectic school year begins. North Dakota law requires all students entering kindergarten thru 12th grade be up-to-date on required vaccines for school or have a documented exemption form signed.

Vaccinating your child can protect them and others from serious illnesses and even death. Highly contagious disease, such as polio and measles, have been reported in the United States so it is critical to protect your child against these deadly diseases.

To schedule your child's vaccines, please call Nelson-Griggs District Health Unit at 701.322.5624.

Is your student ready for school?

Immunization Requirements	Use this chart as a guide to determine which vaccines are required to enroll your student in school (public, private, or homeschool). Check marks show the number of required doses. This schedule shows the ages when doses are due.		
	Kindergarten - 6th Grade	7th - 10th Grade	11th - 12th Grade
Hepatitis B ✓✓✓	✓✓✓	✓✓✓	✓✓✓
DTaP ✓✓✓✓✓	✓✓✓✓✓	✓✓✓✓✓	✓✓✓✓✓
Polio ✓✓✓✓	✓✓✓✓	✓✓✓✓	✓✓✓✓
MMR ✓✓	✓✓	✓✓	✓✓
Chickenpox ✓✓	✓✓	✓✓	✓✓
		Meningococcal ✓	Meningococcal ✓✓
		TDaP ✓	TDaP ✓



Safe Sleep

Sudden Infant Death Syndrome (SIDS) is the leading cause of infant death for babies. Cribs for Kids® is a program designed to help infants have a safe place to sleep. Families in need can receive crib kits including: education, Pack 'n Play crib, a crib sheet, a pacifier and a sleep sack.



- ◇ The safest way for infants to sleep is on their backs.
- ◇ Use a firm mattress in the crib. Never let the infant sleep in the bed with you.
- ◇ Keep soft objects, toys, crib bumpers, and loose bedding out of the crib.
- ◇ Do not smoke when you are pregnant and do not allow secondhand smoke near your infant.
- ◇ Keep infant's room at a temperature that is comfortable for you to prevent overheating.
- ◇ Keep infant's sleep area close to, but separate from where you & others sleep.
- ◇ Breastfeeding your baby reduces the risk of SIDS.
- ◇ Give infant plenty of tummy time when he/she is awake & when someone is watching.
- ◇ Get regular healthcare provider checkups and vaccines.

NGDHU participates in the Cribs for Kids® program. If you are interested in learning more please call our office at 701.322.5624.

Resource: Sleep Safe ND brochure

Nelson-Griggs District Health Unit

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Quit Week

June 11-17th was the 4th annual Quit Week in North Dakota. This event encourages all cigarette, smokeless tobacco, and e-cigarette users in ND to set a quit date. NGDHU can help users develop a quit plan and provide tools and resources to help. NDQuits provides free and confidential coaching, 24/7 support, and free nicotine replacement products to qualifying enrollees. To learn more contact NGDHU at 701.322.5624.



Quitting tobacco is one of the most important things you can do to improve your health - including fewer doctor visits and lower health insurance!

NORTH
Dakota | Health
Be Legendary.™

BreatheND
Local Public Health Working For You.

NDQuits
1-800-QUIT-NOW (1-800-784-8669)
health.nd.gov/ndquits