



Public Health
Prevent. Promote. Protect.

**Nelson-Griggs
District Health Unit**

OCTOBER 2024

October:

Breast Cancer Awareness Month

National Bully Prevention Month

November:

Lung Cancer Awareness Month

21st Great American Smoke-Out

December:

1-7th National Hand-washing Awareness Week

Nelson-Griggs District Health Unit Newsletter

2024 Respiratory Immunization Clinics



October 2nd

McVile @ Health Unit Office 1:00– 2:30 PM

October 3rd

Binford @ Senior Center 9:00– 10:00 AM

Tolna @ Lutheran Church 11:00 AM– 12:00PM

Aneta @ Senior Center 1:30– 2:30 PM

October 8th

Lakota @ Community Center 9:00– 11:00 AM

Michigan @ Community Center 11:30 AM– 12:30 PM

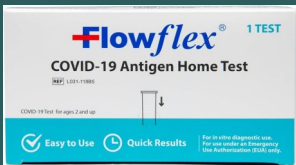
Petersburg @ Senior Center 2:00– 3:00 PM

October 9th

Cooperstown @ Courthouse 9:00– 10:00 AM


Hannaford @ Community Center 10:30 AM– 12:00 PM


Sutton @ Senior Center 1:30– 2:30 PM



COVID-19 home test kits are available at our office free of charge.

What are the options?	Who is eligible?	How well do they work?	When should I get it?
INFLUENZA			
 A shot that targets 3 strains of seasonal flu	6 months+	Reduces the risk of going to the doctor by 40-60%	October is ideal, as vaccine protection wanes over a season

What are the options?	Who is eligible?	How well do they work?	When should I get it?
COVID-19  Updated vaccine formula targeting JN.1 or KP.2 - Omicron subvariants Options: Moderna and Pfizer (mRNA) or Novavax (protein)	6 months+	Last year, the fall vaccine provided 40-60% additional protection against severe disease	Protection against severe disease: Get now Protection against infection: Best to get right before a wave, which can be challenging to time Recently infected? Wait at least 4-6 months

What are the options?	Who is eligible?	How well do they work?	When should I get it?
RSV (OLDER ADULTS)  3 options: GSK and Pfizer (traditional protein) or Moderna (mRNA)	This is not an annual vaccine. 60-74 years "may" get it and >75 years "should" if did not get it last year	82-86% efficacy against severe disease	Now: no need to juggle timing as protection is durable

Source: Your Local Epidemiologist

Vision Screenings

Vision screenings have been completed at our local schools. The PlusOptix instrument checks for farsightedness, nearsightedness, astigmatism and other eye disorders. If the child passed the PlusOptix scan, we did further testing using eye charts, checking color vision and depth perception. If you received a letter from our office that means your child was a refer, and we ask that your child follow up with his/her eye doctor. Please remember that this was a screening only and doesn't take the place of regular eye exams.



Great American Smokeout

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 21st be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

Let's quit smoking together.

Sign up to make a quit plan on Nov. 21.



<https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html>

Nelson-Griggs Suicide Prevention Coalition

The first Nelson-Griggs Suicide Prevention Coalition meeting was held on August 14th. This coalition was started with the idea of bringing together people to discuss suicide prevention activities and ideas. If you would like to be a part of this coalition please contact one of the members below; or attend the next meeting on Wednesday, October 2nd at the Nelson-Griggs District Health Unit office in McVille at 6:30 pm.

If you or a loved one is experiencing mental health struggles, emotional distress, alcohol or drug use concerns, call or text 988, life line counselor are available 24/7. All conversations are free and confidential. Visit <https://988lifeline.org/> for more information.



Petersburg City Park is now Tobacco Free!

On August 8, 2024, Petersburg Park Board adopted a Tobacco Free park policy. The policy includes all forms of tobacco including but not limited to, cigarettes, cigars, pipe tobacco, chewing tobacco, snus and any electronic smoking devices such as e-cigarettes and vaping devices. The use of tobacco products is prohibited at all times in the park. This policy also includes any individuals or organizations who lease any areas of the park.

Nelson-Griggs District Health Unit assisted the Petersburg Park Board with the policy and is purchasing signage for the park. Supporting tobacco free parks makes sense because it sends the right message: Parks are about clean air and healthy activities. **Thank you Petersburg Park Board for supporting a healthy and safe environment for everyone!**

Signs purchased from Sheri's Studio and Design.



School Flu & COVID-19 Vaccine Schedule

We will be going to the school to offer student and staff influenza and COVID-19 vaccines at school. Every student should have received a letter in the mail. If you would like your child to receive the influenza, COVID-19 or both vaccines please fill out the form and return to the school. We are able to bill most insurance plans and Medicaid. We also participate in the Vaccines for Children (VFC) program that provides vaccines to children who are American Indian, uninsured or underinsured. We will be at the following schools:

- Dakota Prairie on Tuesday, October 1st
- Lakota on Friday, October 4th
- Midkota on Monday, October 7th
- Griggs County Central on Thursday, October 10th



Youth E-cigarette Use Declines in 2024

The CDC's 2024 National Youth Tobacco Survey was released in September, and it shows that e-cigarette use among US youth declined significantly this year.

- E-cigarette use among high school student fell to 7.8%, down from 10% in 2023 and a high of 27.5% in 2019.
- The number of middle and high school student who reported current e-cigarette use fell to 1.63 million, down from 2.13 million in 2023.

We are excited about this progress but youth e-cigarette use remains a problem and the tobacco industry continues to find new ways to market and addict kids. The survey also includes data about youth use and nicotine pouches like Zyn. These products have been increasing popular to youth. They come in a variety of flavors, are heavy promoted on social media to teens and they are easy to hide.

Source: Campaign for Tobacco Free Kids

Nelson-Griggs District Health Unit

116 Main Street
PO Box 365
McVille, ND 58254
Phone 701.322.5624
Fax 701.322.5111
Email: cschock@nd.gov or
dnmiller@nd.gov

Public Health Staff:
Cassandra Schock, RN, Administrator
DeAnn Miller, RN
Lisa Rude, LPN
Tasha Overby, Administrative Assistant




ND TIP

Your community matters.

The power to protect it is in your hands.


NDTip is an easy-to-use app to anonymously submit information to law enforcement.




Public Health
Prevent. Promote. Protect.
Nelson-Griggs
District Health Unit



Scan Me.



Download on the App Store



GET IT ON Google Play

Medications can easily get into the wrong hands. If you have unused medications at you home, dispose of them in a Deterra bag.

Safe Medication Disposal Option



- SAFE
- SIMPLE
- FREE



Public Health
Prevent. Promote. Protect.
Nelson-Griggs
District Health Unit

Available at
Nelson-Griggs
District Health Unit