



Nelson-Griggs District Health Unit Newsletter

OCTOBER 2023

October:

National Prescription Drug Take Back Day; October 28th

National Breast Cancer Awareness Month

November:

Lung Cancer Awareness Month

Great American Smoke-Out; November 19

December:

National Handwashing Awareness Week; December 4-8

National Influenza Week; December 4-8

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



Influenza, RSV & COVID-19 Schedule

October 3rd

McVile @ Health Unit Office 2:00 - 3:30 PM

October 4th

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

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

Aneta @ Senior Center 1:30 -2:30 PM

October 10th

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 11th

Cooperstown @ Courthouse 8:30 -10:00 AM

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

Sutton @ Senior Center 1:30 -2:30 PM

Fall 2023 Vaccines:

INFLUENZA: everyone 6 months & older should receive a flu shot this season.

COVID-19: Updated vaccine targeting XBB, an Omicron subvariant. CDC recommends everyone 6 months of age and older receive this vaccine. For children age 6 months to 4 years, the number of doses will depend on if the child received previous doses. We will be billing your health insurance or Medicare this year for this vaccine. If you do not have any insurance, we will have a supply of vaccine from the State that we can use.

RSV: If you're 60 or older, talk with your health care provider about whether you should get this vaccine. Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. If you have a weakened immune system, chronic medical condition such as heart, lung disease or diabetes, if you are on certain medications or if you live in a congregate living setting, this vaccine may be recommended for you. We will have doses of RSV available during our annual influenza clinics and also in our office. This vaccine is covered by Medicare Part D.

You may receive all 3 vaccines at the same time.

Car Seat Technician

DeAnn Miller, RN completed the National Child Passenger Safety Technician Certificate training in August. As a certified technician, she is able to correctly install car seats, serve as a resource at community car seat checkups, and provide education about child passenger safety issues.



North Dakota's Child Passenger Safety Law



- Children younger than 8 years of age are required to ride in a child restraint (car seat or booster seat). The restraint must be used correctly – following the manufacturer's instructions.
- A correctly-used seat belt may be substituted for children younger than 8 who are at least 4'9" tall.
- Children ages 8 through 17 must be properly secured in a seat belt or child restraint (car seat or booster seat).
- Children younger than 18 must be properly restrained regardless of their location in a vehicle.
- The penalty for violating this law is \$25 and one point against the license of the driver. The driver is responsible for ensuring that all occupants are buckled up in the appropriate restraint.

To help select the right child restraint for your child, refer to the best practice guidelines on back.



Motor vehicle crashes are a leading cause of death and injuries for children.* Education and proper use of car seats, booster seats, seat belts and vehicle safety helps save lives and prevent injuries and death.

If you have any questions or concerns about your child's car seat or just want it inspected to see if it is installed correctly call our office at 701.322.5624.

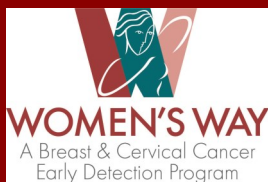
Source: Federal Bureau of Investigation's 2017 Crime Clock Statistics

October is National Breast Cancer Awareness Month. Talk to your Healthcare Provider about when & how often you should be screened.

Women's Way may provide a way to pay for breast and cervical cancer screenings for eligible North Dakota individuals. To see if you are eligible go to:

<https://www.hhs.nd.gov/health/women/womens-way>

or call 1-800-449-6636



Regular handwashing is the best way to remove germs, avoid getting ill and prevent the spread of germs to others! Wash your hands with soap & water for at least 20 seconds.



When you are free from commercial tobacco and nicotine use, you have more time to do what you love. **The Great American Smoke-Out is November 19, 2023.** Quitting smoking isn't easy. It takes time and a plan. Let the Great American Smoke-out be the day to start your journey towards a smoke-free life!



Parent's Role in Protecting Their Teens From Vaping

Parents can play an important role in protecting their children from the risks of vaping. Vaping can have harmful impacts to your child. Most vapes have nicotine in them and can be highly addictive. Nicotine use in teens:

- Harms brain development
- Impacts attention, learning, mood & impulse control
- Increase feelings of depression and anxiety
- Increase risk of future addiction to other drugs

Some things you can do as a parent:

- Set a good example by being tobacco free.
- Talk to your child about why vaping is harmful to them.
- Make sure they understand that it is unacceptable for them to use any tobacco product.
- Reach out for quitting resources if your teen uses. Vaping is highly addictive and your teen may need help quitting.

Source: [What You Can Do to Protect Youth From the Harms of Vaping \(cdc.gov\)](https://www.cdc.gov/tobacco/features/protect-youth/index.html)



Fall School Immunization Clinics

The 2023-2024 school year is here! It was a busy September checking every student's immunization record. Every student's parent should have received a letter in the mail recently stating what vaccines your child is due for. Even if your child is up-to-date on his or her vaccines, you should have received a letter and form to fill out if you want your child to get the influenza or new COVID-19 vaccine. North Dakota law requires all students entering kindergarten thru 12th grade to be up-

to-date on required vaccines for school or have a signed exemption form.

2023 Fall School Immunization Clinics

- Midkota Elementary - Monday, October 2nd
- Dakota Prairie High School - Thursday, October 5th
- Dakota Prairie Elementary - Friday, October 6th
- Griggs County Central - Monday, October 9th
- Lakota Schools - Thursday, October 12th

We are able to bill most insurance plans. Some still consider Public Health out of network (ex.: United Health Care, Cigna & TriCare Prime). We can bill Medicaid. We also participate in the Vaccines for Children (VFC) program that provides vaccines to children who are American Indian, uninsured or under insured.

Is your student ready for school?

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.

Immunization Requirements	Kindergarten - 6th Grade	7th - 10th Grade	11th - 12th Grade
Hepatitis B	✓✓✓	Hepatitis B ✓✓✓	Hepatitis B ✓✓✓
DTap	✓✓✓✓	DTap ✓✓✓✓	DTap ✓✓✓✓
Polio	✓✓✓✓	Polio ✓✓✓✓	Polio ✓✓✓✓
MMR	✓✓	MMR ✓✓	MMR ✓✓
Chickenpox	✓✓	Chickenpox ✓✓	Chickenpox ✓✓
		Meningococcal ✓	Meningococcal ✓
		Tdap ✓	Tdap ✓

Exemptions

To enroll in school in North Dakota, children must show they've had these immunizations or file an exemption with the school. Parents may file a medical exemption signed by a health care provider or a non-medical exemption signed by a parent/guardian. A blank exemption form can be found on our website.

North Dakota Health & Human Services
Be Legendary.

Nelson-Griggs District Health Unit

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National Prescription Drug Take Back

Be responsible with your medications. Keep medications out of sight and in a safe place. Monitor your medications and take only as directed. When you have left over medication, drop it off at a local take back site. Left over medications may also be discarded in Deterra Bags. Stop by our office to pick up a free Deterra bag.



Opioids.
Fill with *awareness*

Be responsible with your medication.
*53% of people who abuse prescription pain relievers
obtain them from a friend or relative*



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