



Public Health
Prevent. Promote. Protect.

Walsh County Health District & WIC
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WALSH COUNTY HEALTH DISTRICT HOURS:

~Monday – Friday 8:00 am to 4:30 pm.
~Closed 12 to 12:30 daily.

WIC HOURS:

~Monday-Thursday 9:00 am to 4:30 pm
CLOSED FRIDAYS.

For information on Public Health services provided to Walsh County residents visit our Public Health & WIC page at: www.walshcountynd.com. Or call us at 701-352-5139.

Protecting, Connecting and Thriving: We Are All Public Health

Public health is more than just health care.
It's the steps we take to make sure our neighborhoods and environment are free from pollution.
It's making sure our food and water are safe to eat and drink.
It's also the relationships we foster in our communities. We're all interconnected.
When we all come together to support public health, all of us — individuals, families, communities and the public health field — can achieve the goals of public health



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Reducing Underage Drinking in Walsh County And How You Can Help

The Walsh County Health District extends congratulations to the After Prom Party committees of Grafton, Minto, Park River/Fordville-Lankin, and Valley Edinburg for organizing alcohol-free events following their high school proms.

These events provided students with a fun and safe environment to celebrate without alcohol, aligning with the Walsh County Substance Abuse Prevention Coalition and Walsh County Health District's goal to prevent underage drinking.

The committees took important steps to ensure alcohol-free environments by breathalyzing students upon arrival, prohibiting re-entry, and maintaining adult supervision throughout. The coalition and Health District work to support local alcohol-free

family engagement events throughout the year in the purpose of reducing underage drinking in Walsh County. Through the Substance Use Prevention, Treatment, and Recovery Services (SUPTRS) Block Grant, the coalition and Health District can financially support and promote these events.

Research emphasizes the crucial role of parents and caregivers in preventing underage drinking. By supporting these family engagement events, it allows for the promotion of positive role modeling, interactions, and education.

Some ways parents and caregivers can prevent underage drinking are talking openly about the dangers of alcohol, fostering supportive envi-

ronments for emotional expression, and promoting involvement in healthy activities.

Parents serve as the primary influence on their children's decisions about drinking, making it essential to model responsible behaviors and teach effective refusal skills. By prioritizing communication, resilience, and healthy habits, parents and caregivers play a vital role in safeguarding their children's well-being.

For more information and to inquire about getting your event supported by the Walsh County Health District and Walsh County Substance Abuse Prevention Coalition, please contact us at 701-352-5139. Visit ParentsLead.org for additional resources.



Naloxone is available for free at all three Walsh County pharmacies or at Walsh County Health District. You can also order online. To request a free 2-dose Narcan kit, visit the link below or call 701-328-8920.
https://ndhealth.co1.qualtrics.com/jfe/form/SV_8DfQZJ0JOfYyB82
Only ships to ND addresses

Resources Available to Replace the Maternal Tobacco Program

The Maternal Tobacco Program will be ending June 30, 2024, due to overall program retention, incentive administration, and fiscal responsibility. Referral resources for pregnant mothers include:

- ◆ NDQuits Pregnancy Postpartum Program - must enroll while pregnant, can earn up to \$220 in incentives. Call 1-800-784-8669 to enroll.
- ◆ Walsh County Health District – provides refunds up to \$200 for medications used to quit tobacco. Call our office at 701-352-5139 to enroll or for questions.

Spring/Summer Safety Reminders and Tips

Wear Sunscreen:

Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection. Reapply sunscreen every 2 hours and reapply after swimming, sweating, or towel-drying off. Apply sunscreen before insect repellent.

Insect Repellent:

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. After you come indoors, check your clothing, body, and pets for ticks. When removing ticks, remember to pull upward with steady, even pressure. Do not twist or jerk the tick.

Bicycling, Skateboarding, Rollerblading:

There are so many great reasons for outdoor activities: It offers fun, freedom and exercise. We want you to be safe, remember to wear a proper

bike helmet for the activity, one that fits, and you use correctly. You may also need knee and elbow pads.

Watch for pedestrians:

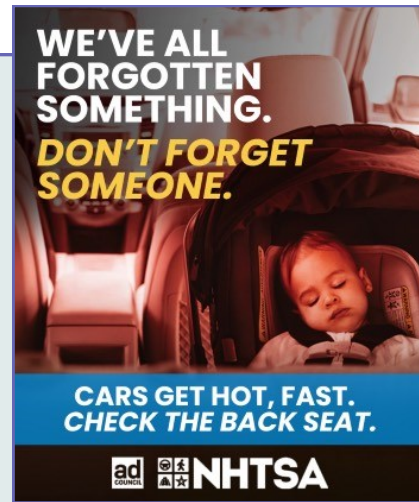
As more people are enjoying the outdoors, make sure to be on the lookout for people walking, kids on bikes. Pay attention to your surroundings and don't drive distracted.

Life Jackets and Water Watchers:

Kids drown without a sound. It happens quickly and silently. Don't know how to swim or are on open water? Remember to wear a life jacket. Adult supervision is the key to keeping kids safe in and around water. Always designate a water watcher. Life jackets are available for purchase at WCHD.

Spring Cleaning:

Remember when cleaning out buildings to be on the lookout for rodent droppings, they can cause a respiratory illness called Hantavirus, anyone who breathes in the virus is at risk. Open windows and doors for 30 minutes before cleaning, spray



droppings with a bleach disinfectant, learn more about cleaning up droppings by visiting; cdc.gov/hantavirus.

Hydration:

Remember to stay hydrated when enjoying the outdoors. Working in your yard, exercising, and hot and humid weather may cause you to lose more water by sweating. You've probably heard the advice to drink eight glasses of water a day. That's easy to remember, and it's a reasonable goal. Some people may need less water, and some may need more. Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty.

Measles Update

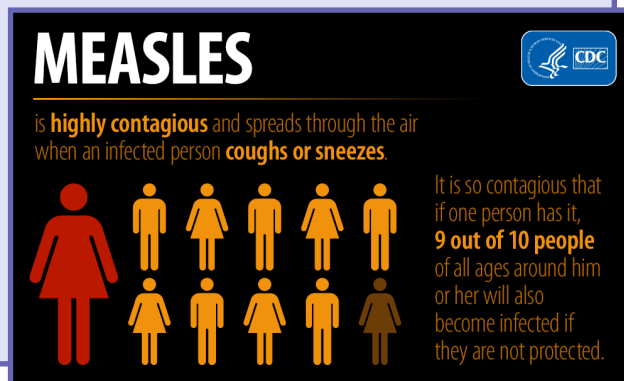
As of March 21st, 64 cases of measles have been reported in 17 different jurisdictions. One of those jurisdictions being our neighbor, Minnesota. Measles is very contagious, and most of these cases are in unvaccinated individuals. 1 in 5 unvaccinated individuals who contract measles end up hospitalized. Right now, ND has 16,000 children (ages 18 months to 18 years) who do not

have one MMR vaccine.

One dose of the MMR vaccine is 93% effective in preventing measles, while two doses is 97% effective in preventing the disease.

What to do if you have been exposed to someone with measles? If you are vaccinated with both doses of MMR, continue with day-to-day activities, and monitor for any symptoms. If you are unvaccinated, get

vaccinated within 72 hours of exposure. If you are unsure of your vaccination status, call your local health department or healthcare provider.



Tips From WIC

Here are some easy, healthier options to consider keeping on hand to go along with the quick and easy recipes when you don't feel like cooking:

Vegetables:

- Canned vegetables – no added salt
- Frozen vegetables – try to purchase without added seasoning and sauces but feel free to add your own to limit the sodium content. These are great to take out and pair with any meal all you need to do is just pop in the microwave or heat on the stove.
- Bagged salad/spinach/lettuce – ready to eat and no prep needed.

Fruit:

- Canned fruit – choose fruit that is packed in juice or water
- Frozen fruit – choose fruit that does not have added sugar

Fruit and vegetable tip: prepare fresh fruit and vegetables ahead of time by washing or cutting and keeping in the fridge or on the counter for convenience.

Protein: frozen grilled chicken, rotisserie chicken, Greek yogurt, cottage cheese, low fat string cheese, hummus, canned beans.

Grains: whole grain bread, brown rice microwave packets, oatmeal.

Fats: nuts/seeds.



Walsh County Health District would like to thank our Walsh County dental offices for providing free oral exams to tobacco users during Through With Chew Week (TWCW). Walsh County dental offices have been offering these free exams during TWCW since 2006.

Kern Family Dentistry, Grafton
Dr. Joseph Kern

Lifetime Dental, Park River and Grafton
Dr. Roberta Ekman and Dr. Paul Dusek

Park River Dental Clinic, Park River
Dr. Brian Larson and Dr. Nic Beneda

Chewing tobacco is not a safe alternative to cigarettes. It can cause cancer of the mouth, esophagus, and pancreas. Chewing tobacco can also cause gum disease, tooth decay, and tooth loss.

Tobacco Free ND Video Essay Scholarship

Tobacco Free North Dakota (TFND) announces the return of their Video Essay Scholarship Contest for all North Dakota high school seniors. The winner will receive a \$1,500 college scholarship. The deadline is April 26, 2024. Here's how it works:

Create a 1–3 minute YouTube video based on one of these topics.

- You get to make the laws for a day - what laws do you make relating to tobacco products?
- Tobacco products are a leading cause of pollution worldwide-show us how tobacco pollution affects your community and what can be done to stop it.
- Tobacco companies spend millions of dollars every year marketing their products to the next generation of potential customers- Youth. How would you convince young people to stay tobacco/nicotine free?
- The tobacco industry wants to bring smoking back into public places. Interview your family, friends, and community members about what it was like when there was smoking in places like restaurants, offices, and even the legislature.

For full details contact Andrew Horn, TFND's Coalition Program Director, at andrew@tfnd.org.