



Pembina County Public Health Prevent. Promote. Protect.

Pembina County Students Educated on the Dangers of Vaping

Pembina County Public Health (PCPH) collaborated with Pembina County schools to educate students in grades 5 through 12 on the effects of electronic cigarettes and vaping. The presentation included many different topics like how vaping effects the brain and respiratory system; how these products target the youth; and a short video on a North Dakota high school graduate who experienced negative health effects from vaping.

The act of vaping continues to be a huge trend among middle and high school students. The majority of students shared that they had either vaped, used another tobacco product or knew someone who does. The presentation also included information on how to contact ND Quits or the MyLifeMyQuit program. Both of these programs can target information to those 18 years and younger who would like to start their quit journey from using these types of products.

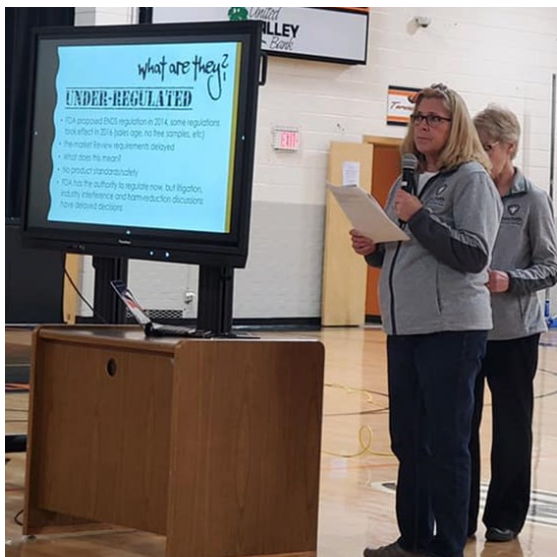
NDQuits
1.800.QUIT.NOW
www.ndhealth.gov/ndquits

- Free to ND residents, even youth 12-17yrs old
- Phone, online or mobile
- 12-13yrs old parental/guardian consent req'd



Text "Start My Quit"
to 855-891-9989 or call.
Free, confidential help. Just for teens.

Youth Tobacco and Vaping
Cessation Program for teens
under 18



Pictured above: Denise Dame, Tobacco Prevention Coordinator, and Deb Stark, RN present to a full house in the Cavalier School gymnasium. Students remained engaged and asked very good questions after the presentation. PCPH hopes the presentation opened eyes and will lead to making informed decisions regarding these products!

Get The Facts: Give Your Lungs A Fighting Chance Against COVID-19

- ◆ COVID-19 is a lower **respiratory disease**.
- ◆ Inhaled nicotine **weakens the protective lining of the lungs**.
- ◆ Smokers already have **widespread lung inflammation** that can exacerbate the pneumonia fire-storm caused by COVID-19
- ◆ Smoking **weakens the immune system** and is a major cause of chronic health conditions and cancer.
- ◆ Those who smoke are more likely to experience **more severe cases** of COVID-19.
- ◆ **COVID-19 is affecting younger people** more than officials previously thought it would: younger adults (20-54 years old) have made up 40% of those hospitalized with the virus in the U.S.
- ◆ Vaping among teens is both an epidemic and a social issue; with schools closed and social distancing in place, there is **no better time** to help teens break their nicotine addiction.
- ◆ It often takes multiple attempts to successfully break an addiction to nicotine. It's not too late to quit and **give your lungs a fighting chance**.

There is no easy time to quit but no better time than now! Please call Pembina County Public Health to start your quit journey today! #Quit2StopCOVID #NoBetterTimeToQuit

Public Health Office Open By Appointment

Pembina County Public Health is open to serve and assist you during the COVID-19 pandemic. We continue to provide the latest updates, answer your questions, and be a resource when needed. One of our main roles during this pandemic is to assist the North Dakota Department of Health with case investigations and contact tracing to help limit and reduce community spread. The latest data is available on the North Dakota Department of Health at <https://www.health.nd.gov/diseases-conditions/coronavirus>. Additional information can be found on the CDC website <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

Please stay safe during this trying time. Remember to social distance (6' for less than 15 minutes), wash your hands frequently for at least 20 seconds, wear a face cloth covering that covers both your nose and mouth when in public places, and clean and disinfect frequently touched surfaces.

Our office is open to schedule immunization appointments for children 18 years and younger. Summer is a great time to get up-to-date on vaccinations needed. If you have questions on whether or not you or your child needs vaccinations or you want to schedule an appointment, please call the office at 701.265.4248.

Reducing Youth Access to Alcohol

Parents play a critical role in whether or not children drink alcohol. Parents control the availability of alcohol in the household, serve as the role model for alcohol use, influence family norms on alcohol use, and set alcohol-related household expectations. Nevertheless, the efforts of even the most conscientious parents can be challenged by easy youth access to alcohol throughout the community.

The following are strategies that can help parents play an active role in reducing children's access to alcohol:

Monitor the alcohol supply in the home.

You can reduce your child's access to alcohol by keeping it out of the home or making it difficult to access. Store alcohol in a locked cabinet or closet, or closely keep track of the alcohol store in your home. Discuss your household expectations about alcohol in the home with your child as well.

Talk with other parents.

Get to know the parents of your child's friends and classmates to create an open line of communication when your child is socializing outside of the home. Discuss whether or not alcohol is accessible to youth and if parties or gatherings occurring in other homes are supervised by adults.

Never provide alcohol to your child or their underage friends.

It is illegal to provide alcohol to any person under age 21, and doing so could result in criminal prosecution and civil lawsuits. It also sends a message that underage drinking is okay and could potentially lead to alcohol-related problems down the line.

Begin or join community efforts to reduce youth access to alcohol.

As a parent, you are often one of the most visible and effective leaders in protecting the health and safety of children in your community. Contact PCPH or your child's school to become involved in efforts to prevent underage drinking.

If you have any questions or want more information on many different topics, please visit www.parentslead.org. This website has a wealth of information for parents, professionals, and the community.

PARENTS LEAD

Heatstroke Awareness is Important!

Heatstroke incidents are preventable and often occur when a person's routine is disrupted. Of children left in vehicles, 46% are "forgotten" in the care on their way to childcare/preschool. Children can also end up alone in cars if the doors or trunk are left unlocked.

You can help reduce the number of deaths from heatstroke by remembering to ACT - Avoid, Create, and Take Action. **Avoid** heat stroke-related injury and death by never leaving a child alone in a vehicle, not even for a minute. Make sure to keep your car locked when it is empty so kids don't get in on their own. **Create** reminders by keeping a stuffed animal or another memento in your child's car seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the back seat when traveling with your child. **Take action.** If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Pembina County Public Health



Public Health
Prevent. Promote. Protect.

301 Dakota Street W #2
Cavalier, ND 58220
Phone: (701) 265-4248
Fax: (701) 265-5193

Are you in need of a cloth mask to wear for protection during the COVID-19 pandemic? Call NDSU Extension at 265-8411.

Your Public Health Staff

Julie Hardy, RN,
Public Health Director
juhardy@nd.gov

Kallie Christenson, RN
kcchristenson@nd.gov

Rachel Ramsay, RN
rramsay@nd.gov

Deb Stark, RN
dstark@nd.gov

Denise Dame, Admin. Assistant
ddame@nd.gov

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If you would like to know more about any of our programs, please contact us by phone or email.

Pembina County Resource Spotlight

Free Radon Test Kits Available

If you have not tested your home for radon, Pembina County Public Health still has some free kits available. Postage and laboratory fees are included in the kit. Test results are sent directly to you.

Radon is the second leading cause of lung cancer. Radon, a radioactive gas, builds up in homes over time and can't be seen, tasted, or smelled — so it's easy for radon problems to go unnoticed. The only way to know if you have a radon problem is to test your home.

- ⇒ The best time to test is during the winter when homes are closed and limited fresh air enters. This will give the most accurate readings.
- ⇒ Kits may be obtained for testing in the fall or winter months.
- ⇒ Please call the Public Health office at 265-4248 to make arrangements for kit pick up.

