



Pembina County Public Health

Prevent. Promote. Protect.

Health as a Whole

Pembina County Public Health participated in Faith in Action’s Tabletop Dujour on September 13th at the Cavalier Evangelical Free Church. The theme of the table was “Health as a Whole.” It brought awareness to all the different parts of health and wellness. Each table setting featured one piece of a person’s overall health and gave a tip on what a person can do to enhance their health in that area. The importance of the following areas were recognized:

- a good nights sleep
- eating a nutritious diet
- healthy relationship
- healthy life style changes
- managing stress
- practicing proper hygiene
- exercising regularly
- living in a clean environment

It is important to incorporate each of these areas of health into your life. Pembina County Public Health’s motto is to prevent, promote, and protect, and we can help you do this. If you would like information about any of the above mentioned topics, please feel free to contact us.



UPCOMING EVENTS

- December 11-**
Immunization Clinic-Cavalier
- December 16 -**
Immunization Clinic- Pembina
- December 24 -**
Office Closes at 12pm
- December 25 -**
Christmas Day- Office Closed
- January 1 -**
New Year’s Day- Office Closed
- January 5 -**
Immunization Clinic- Cavalier
- January 7 -**
Immunization Clinic- Walhalla
- January 19 -**
Martin Luther King Jr. Day-
Office Closed
- February 16 -**
Presidents’ Day- Office
Closed

Chillin’ With Winter Safety

-  Remember to still use sunscreen: Even though it might seem odd, you can get sunburn in the winter. The sunlight reflects off snow and ice.
-  Safety in layers: Layering clothing is a good idea. Keep in mind that regulating body temperature is more difficult in younger children, so hypothermia can occur more easily.
-  Stay alert: Injuries can happen anywhere, anytime. Be aware and use caution.



Electronic Cigarettes: “The Next Big Thing in the Tobacco World”

Electronic cigarettes are devices made to deliver nicotine to the body. They appear to be designed like a cigarette but are battery powered with a vaporizer and mouthpiece attached. These products are being targeted to youth because of their high-tech design, easy availability online or at mall kiosks, and the wide array of flavors of the cartridges, including vanilla, menthol, and pina colada. The Food and Drug Administration (FDA) is currently not regulating these types of cigarettes so the levels of nicotine in these products is unknown. This is very concerning. In fact according to the Centers for Disease Control and Prevention, over a quarter-million youth in the United States are using these products. On April 24, 2014, the FDA released a proposed rule to extend its regulatory authority to e-cigarettes that would meet many of the same standards as traditional cigarettes. This would include registering the product, marketing only after FDA review, no free samples, age restriction prohibiting the sale to minors, restricting sales in vending machines, and packaging to include a health warning. FDA regulations on electronic cigarettes would be a huge step in the tobacco prevention world. For more information about what you or the community you live in can do, contact Rachel Ramsay, RN/Tobacco Prevention Coordinator at Pembina County Public Health.

(Source: “Position Statement on E-Cigarettes” Partnership for Prevention, May 2014)



Pictured to the left is an e-cigarette that is targeted to the youth by decorating and disguising it with a popular cartoon for young kids, “Hello Kitty.” There is currently no age restriction to buy e-cigarettes unless a specific community has adopted an ordinance prohibiting the sale of e-cigarettes to minors.

An initiated measure approved by North Dakota voters provides funding to Pembina County Public Health to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.

BreatheND
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The Truth About Seasonal Influenza



Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and it can affect people differently. “Flu season” in the U.S. can begin as early as October and last as late as May. An annual vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Are any of the available flu vaccines recommended over others?

CDC has not expressed preference for which flu vaccine people should get this season **except** for one: Starting in 2014-2015, CDC recommends use of the nasal

spray vaccine for healthy children 2 years through 8 years of age if it’s available and the child has no contraindications or precautions to that vaccine.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

Who should not be vaccinated?

Different flu vaccines are approved for use in different groups of people. Factors that determine a person’s suitability for vaccination include a person’s age, health and any relevant allergies, including an egg allergy.

When should I get vaccinated?

Flu vaccination should begin soon after vaccine becomes available, ideally by October. However, as long as flu viruses are circulating, **vaccination**

should be continued to be offered throughout the flu season, even in January or later. Seasonal influenza outbreaks can happen as early as October, but peaks in January or later.

Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons. First, the body’s immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with the changing flu viruses. For best protection, everyone 6 months and older should get vaccinated annually.



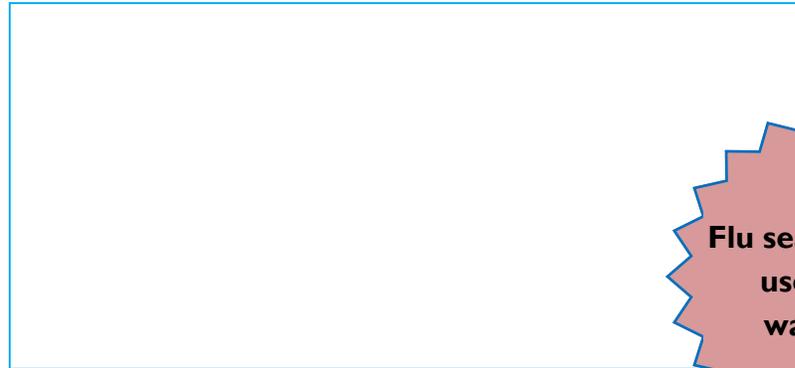
Please visit the CDC website at www.cdc.gov or call Pembina County Public Health at 701.265.4248 for more information about the seasonal flu vaccine. Our Public Health office has influenza vaccine available for children ages 6 months through 18 years.

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Public Health
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**Flu season is upon us;
use good hand
washing skills!**

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We're on the Web!

[pembinacountynd.gov/
publichealth](http://pembinacountynd.gov/publichealth)

If you would like to receive this newsletter or join the tobacco coalition, please contact us by phone or email.

Pembina County Resources Spotlight

Pembina County Christmas Angel Program

This program began in 2008 and is designed to help purchase Christmas gifts for children in low-income households. All funds received are spent within Pembina County. In the last six years, funds for Christmas gifts have been provided for MANY children. The sales of the Pembina County Employees "Get Cookin" Cookbook will allow this program to provide for even more children in the years to come! All proceeds from the sale of the cookbook go towards this program.

If you would like to donate to the Pembina County Christmas Angel Program or purchase a cookbook, please contact Diane Anthony, Program Coordinator at 701-265-8441.

