

# Pembina County Public Health

Prevent. Promote. Protect.



## Prevent Disease—Wash Your Hands!



Hand Washing plays a major role in preventing the spread of diseases. Washing your hands regularly with soap and water can

protect you from many illnesses caused by viruses and bacteria. Washing removes germs you pick up when you touch people, animals, or surfaces. If not removed, these germs may get into your eyes, nose, or mouth and cause illness.

### Follow these four simple steps to keep hands clean:

1. Wet your hands with warm running water.

2. Add soap, then rub your hands together, making a soapy lather for at least 15 to 20 seconds (about the time it takes to sing the ABCs). Be careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.

3. Rinse your hands well under warm running water.

4. Dry hands thoroughly with a clean towel, then turn off the water with a clean paper towel and dispose of it in a proper receptacle.

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an

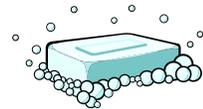
## UPCOMING EVENTS

Radon Awareness Month  
In January

Go Red for Women  
In February

Child Passenger Safety Month  
In February

alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.



## Enjoy a Healthy Treat this Holiday Season!

### Festive Holiday Fruit Salad

- 1 bag (12 ounces) fresh cranberries, finely chopped or ground
- 1 can (20 ounces) crushed pineapple in juice, not drained
- 3 apples with peel, chopped (Braeburn apples are good in this recipe.)
- 2 celery stalks, chopped
- ½ cup golden raisins
- 2 small packages (0.3 ounce) dry sugar-free cherry or raspberry flavored gelatin
- ½ cup walnuts, chopped (optional)

1. Mix all ingredients in a large bowl.
2. Cover and refrigerate several hours or overnight. Keeps well for several days.

*Recipe Source: Minnesota WIC Program*

**Nutrition Note:** This recipe makes 15 servings. Each serving has 70 calories, 0 grams of fat, and 17 grams of carbohydrates.

### Inside this issue:

Tobacco Corner	2
Radon Awareness	2
Go Red for Women	3
Kids Connection	3
Resources Spotlight	4



## Tobacco Corner

### *E Pluribus Unum* "Many Uniting into One"

Citizens of North Dakota are represented by a state flag. This flag carries the Latin words *E Pluribus Unum* and represents community and togetherness. As "many unite into one" or many unite under one flag, North Dakota unites with one another in many ways.

North Dakotans join together to fight flooding or to build healthy communities for children and neighbors. These actions require a unified approach to wellness. Reducing the prevalence of tobacco use in our communities is another way that North Dakotans can unite to promote wellness and make our state a healthier place to live.

According to the 2000 Surgeon General's Report, *Reducing Tobacco Use*, raising tobacco-product prices decreases the

prevalence of tobacco use, especially among children and young adults. The report concluded that raising tobacco taxes is one of the most effective tobacco prevention and control strategies.

Since 2002, 47 states, the District of Columbia and several U.S. territories have increased their cigarette tax rates. Some states have made increases more than one time during the 13 year period.

North Dakota has one of the lowest state tobacco taxes at 44 cents per pack ranking us 41st in the nation. The last increase in the tax occurred in 1993 when the tax was raised from 29 cents to the current 44 cents per pack. Substantial research has been done over the past 13 years that concludes tobacco usage decreases by raising tobacco tax.

The research to support this action is clear. Increasing tobacco tax decreases

youth and children from using tobacco. What are we waiting for?

Consider getting involved in moving North Dakota forward on tobacco excise tax. Become involved in tobacco prevention efforts through the Center for Tobacco Control and Policy also known as BreatheND.

Unite with those with similar views and concerns in discussions about tobacco usage in relation to youth and rising healthcare costs. Check out BreatheND.org.

**BreatheND**  
Saving Lives, Saving Money with Measure 3.

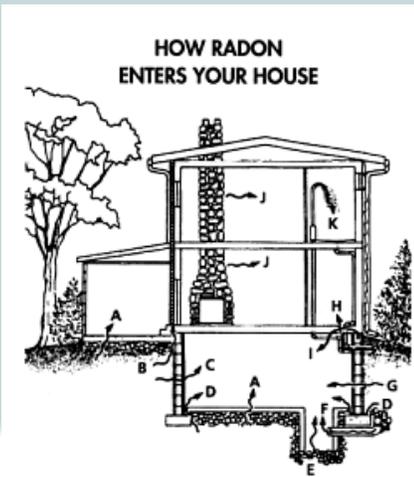
Measure 3 provides funding to Pembina County Public Health to diminish the toll of tobacco in our state.



## January is Radon Action Month

### About Radon

Radon is a colorless, odorless and tasteless radioactive gas. Radon is formed when uranium in the soil breaks down. Radon emits radioactive decay products that may be breathed into a person's lungs, causing lung cancer.



### Health Effects From Radon

Based on a U.S. Environmental Protection Agency (EPA) assessment of risk for radon in homes, radon in indoor air is estimated to cause about 21,000 lung cancer deaths each year in the United States. Smokers are at higher risk of developing radon-induced lung cancer. Lung cancer is the only health effect which has been definitively linked with radon exposure. Radon-induced lung cancer typically develops five-25 years after exposure. There is no evidence that other respiratory diseases, such as asthma, are caused by radon exposure.

### Radon Testing

Testing is the only way to know your radon level. The EPA and the U.S. Surgeon General recommend testing all homes below the third floor for radon.

Radon test kits may be obtained at your local public health office, hardware store, online or at the American Lung Association of North Dakota.

### Fixing a Radon Problem

Radon levels may be reduced by sealing foundation cracks, holes and sump pump covers. Continual maintenance of those seals is required to ensure their effectiveness. Radon reduction systems, however, are the most effective at permanently reducing radon levels in a home or building. The system may be installed during new construction or in an existing structure. A homeowner may install his or her own radon reduction system or hire a system installer.

The North Dakota Department of Health's Radon Program may be contacted for more information about radon.

## Let's Go Red for Women in February!

### Overview

More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. But 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking. Make it your mission to learn all you can about heart attacks and stroke — don't become a statistic. CALL 9-1-1

### Heart Attack

A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

### Signs of a Heart Attack:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1...Get to a hospital right away.



## Kids Connection



Child Passenger Safety Month will be upon us in February.

This is a time when we like to remind all parents and caregivers to buckle up their children on every trip to help ensure children establish a lifetime habit of buckling up.

Adults put good efforts into transporting babies and toddlers in car seats because it's the safe thing to do and because children are less capable of buckling themselves at this age. Observation surveys completed in North Dakota confirm this; 100 percent of infants and 88 percent of toddlers were observed being transported in a restraint. Unfortunately, as

children get older those numbers decrease. North Dakota observation surveys indicate that only 83 percent of children ages 6 to 10 were riding in some type of restraint.

As children grow older and begin riding in booster seats and seat belts, often the responsibility of buckling up gets placed more on the child because they are able to do it themselves. This is often a time parents look forward to, as it is one less step to take when transporting children.

"What parents may not realize is they should take caution at this time and make sure that the child is properly buckled up," said Dawn Mayer, Child

Passenger Safety Program director.

"This is a very important time for caregivers to instill safety into their child's life. The habit of buckling up for life is established during this period of time for children."

Children come in all sizes and need different forms of protection in a crash. When determining the best way to transport a child, follow the National Highway Traffic Safety Administration's guidelines to child passenger safety. Or contact Public Health at 265-4248 with any questions or comments.



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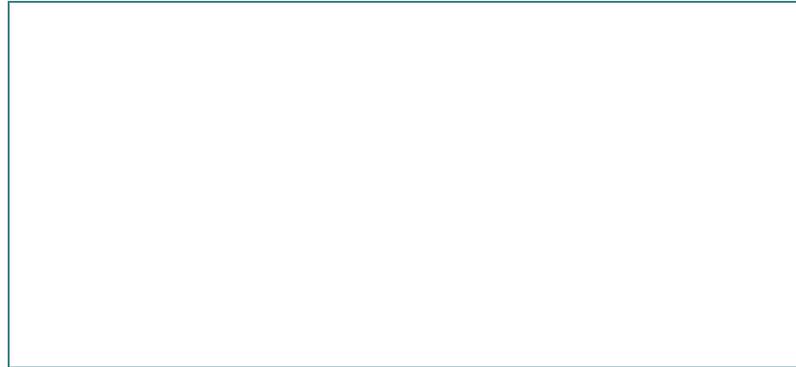
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### We're on the Web!

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

If you would like to receive this newsletter or join our smoke-free efforts, please contact us by phone or email.

## Pembina County Resources Spotlight

### Women's Way

January is National Cervical Health Awareness Month.

Although cervical cancer is highly preventable through screening and other preventive measures, about 4,200 women die from the disease in the United States each year. Having a Pap test regularly is the key to preventing cervical cancer. About 50 percent of women who are diagnosed with cervical cancer have never had a Pap test, and an additional 10 percent have not had a Pap test in the last five years.

Women's Way, North Dakota's Breast and Cervical Cancer Early Detection Program, is available to eligible North Dakota women ages 40 through 64. Women's Way may provide a way to pay for pelvic exams, Pap test, clinical breast exams and mammograms.

To learn more about Women's Way or to see if you are eligible, call 1-800-44 WOMEN or visit [www.ndhealth.gov/womensway](http://www.ndhealth.gov/womensway).

