

# Pembina County Public Health

**Prevent. Promote. Protect.**  
**Winter 2023**



Come and take a look at public health's table next time you find yourself in the lower level of the courthouse. There is education for all ages!





## HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX

***Cold and flu season is here.***

Here are some helpful hints to guide you through this season:

1. Avoid close contact with those who are sick.
2. Stay home when you are sick.
3. Wash your hands.
4. Avoid touching your eyes, nose or mouth.
5. Practice other good health habits.

Source: [nfid.org](https://www.nfid.org)

Pembina County  
Public Health  
wants to wish  
you and your  
family a very  
Merry Christmas  
and a Happy New  
Year!

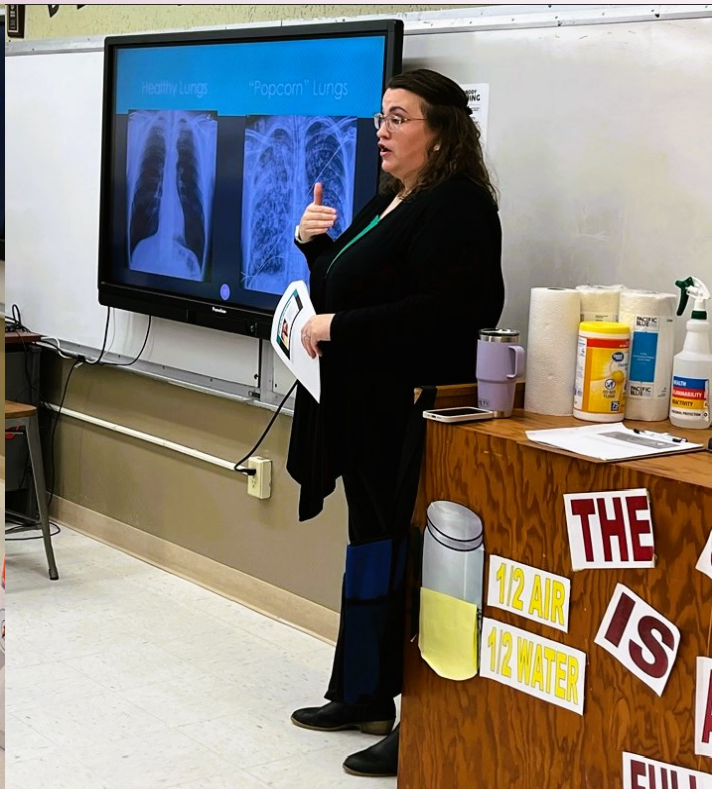
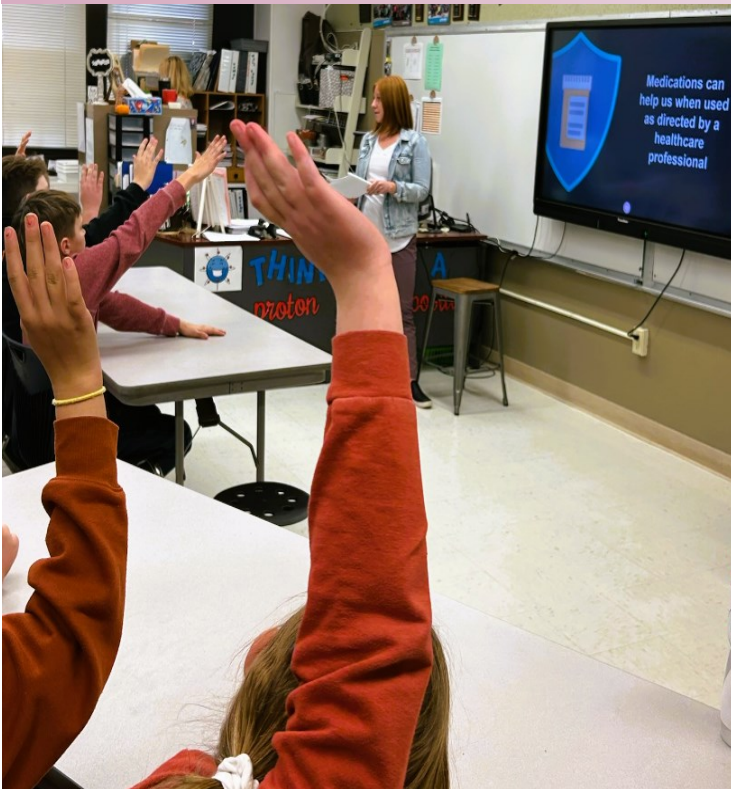


From (Left to right): Sara, Rachel, Kallie, Denise, and Rachelle



Rachelle and Sara were busy this fall going to all the area schools educating our youth. Rachelle visited Pre-k classes to discuss poison safety at home. Then she teamed up with Sara to speak to our area 6th graders about medication safety and the dangers of tobacco/vaping. They look forward to coming back in the spring for vaccines and personal hygiene talks!

**Public Health is visiting a school near you!**



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# Opioids.

## Fill with awareness

Be responsible with your medication.

*53% of people who abuse prescription pain relievers obtain them from a friend or relative*

NSDUH National Findings, 2017



### Lock

Keep medication out of sight and in a safe and secure place.



### Monitor

Keep track of medication and take only as directed.



### Take Back

Drop off unused medication at local Take Back locations.

## Pembina County Public Health

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 Phone: (701) 265-4248

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## WINTER SAFETY

*...for the home*

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

- Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.
- Check your heating systems.
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - Have a safe alternate heating source and alternate fuels available.
- If you do not have working smoke detectors, install one inside each bedroom, outside each sleeping area, and on every level of the home, including the basement. Test batteries monthly and replace them twice a year.
- Prevent carbon monoxide (CO) poisoning emergencies.
  - Install a battery-operated or battery backup CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.
  - Learn the symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.



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**Centers for Disease Control and Prevention**  
 CDC 24/7: Saving Lives. Protecting People™