

WINTER 2020



Season's Greetings

**Pembina County Public Health**  
**Prevent. Promote. Protect.**

[ndhealth.gov](http://ndhealth.gov)

**Why should I get a COVID-19 vaccine?**

By vaccinating against COVID-19, you not only protect yourself, but also prevent spread of the disease to your friends, loved ones, and those in your community. More than 1 in a 1000 North Dakotans have died from COVID-19. COVID-19 can have serious, life threatening complications and there is no way to know how the virus will affect you.

**Is the COVID-19 vaccine made with fetal cells?**

The mRNA COVID-19 vaccines produced by Pfizer and Moderna do not require the use of any fetal cell cultures to manufacture the vaccine. The following organizations assert that vaccines are ethically uncontroversial: National Catholic Bioethics Center, Pontifical Academy of Life Statement, Charlotte Lozier Institute, Immunization Action Coalition.

**How long will COVID vaccine immunity last?**

Since we do not yet know how long immunity after infection lasts, immunity following vaccination will also have to be determined. Likewise, immunity following vaccination will depend in part on which types of vaccines are licensed, what part of the immune system responds to the vaccine, and the level of immunity that is generated by the vaccine.

**If you had the virus and recovered will you still be able or need to get the vaccine?**

Right now, we do not know how long antibodies last after infection. We also continue to learn about reinfection. While it looks like most people who were infected, are protected or have mild reinfections, a small number have had more severe second bouts of infection.

To learn more, the vaccine trials have included immunizing people who have never been infected with SARS-CoV-2 as well as those who have been previously infected. We will soon know whether vaccination of those who have been previously infected affords more complete or longer lasting protection than those who were previously infected but haven't been vaccinated.

**If a person is vaccinated against COVID-19, will they still be able to spread the virus to susceptible people?**

If an individual is vaccinated and they are protected from infection, they will not transmit the virus to someone else. But, it is expected that COVID-19 vaccines may protect against severe infection, but not necessarily prevent mild or asymptomatic infection. If this is the case, a vaccinated person could still spread the virus if they are infected. This is why it is expected that even after a vaccine becomes available, people will need to use masks and practice social distancing measures for some time.

**Will a coronavirus vaccine need to be given annually?**

When a vaccine is licensed, we will only have information about length of immunity for as long as we are from the trials. The vaccine manufacturer will likely continue to monitor vaccine recipients for several months or more, so that over time, we will continue to get a better picture of the durability of immunity. With this information, we will be better able to understand whether vaccines against COVID-19 will require annual dosing like influenza.

**How long before a coronavirus vaccine takes effect?**

Generally speaking, it takes a week or two for immunity to develop following vaccination, but the specific timeline for any coronavirus vaccine will depend to some extent on which type of vaccine is licensed.

**Who will get the vaccine first?** Early on, COVID-19 vaccine will be limited and need to be prioritized.

- Phase IA: Healthcare workers and long-term care residents
- Phase IB: Other essential workers (i.e., police, fire, teachers)
- Phase IC: People 65 and older and people at high risk



**Contact the Public Health office at 701.265.4248 to schedule your appointment**



## Keeping You Informed



Pembina County Public Health is passionate about being tobacco free particularly when it comes to our children's health. The population over 30 years old has grown up to hear how harmful cigarette smoking and chew is for them. Second hand smoke has also been in the forefront making adults aware of effects in their homes, workplaces, and businesses.

The goal of Pembina County Public Health is to ensure youth understand how cigarettes, chew, and e-cigarettes/vaping can put them in danger. Rural youth are being targeted by the tobacco industry. Kids are gravitating toward using chew and vaping e-cigarettes.

Chew, the smokeless tobacco, seem less harmful and more discrete (until the spit comes!). However, it contains nicotine and can lead to gum disease, wearing down and staining of teeth, reducing the senses of taste and smell, oral cancer, cancer of the pharynx, larynx and esophagus. Still, youth continue to use it. We need to help them heed the warnings!

Young people may believe that e-cigarettes deliver "harmless water vapor" and may not realize the products can contain nicotine and hazardous chemicals. Great tasting flavors are enticing which result in using the product more frequently. This creates an unintended addiction to nicotine! In fact, research has shown that the interesting flavors are what lead kids to experiment with vaping. Other influences are appearances (looking more grown up) and social status. Youth may think that everyone is doing it, their friends use it so they want to be part of the crowd, and nothing bad will happen to them. Research has found evidence that teens who use vape products are more likely to start smoking traditional cigarettes later in life.



### How can parents address these issues with their children?

- First, you need to know all you can about these products; what they look like, how they can resemble something else, what products they contain, and their health effects. Vaping products can be cleverly hidden in school, homes, cars, clothing, etc.
- Start talking about tobacco/nicotine products when they are young so they know your position. Be honest and open to seeing things from your child's point of view. Keep the conversation going as kids get older.
- Explain that cigars, cigarillos, e-cigarettes (vaping and juuling), hookah (water pipe) and smokeless tobacco (snuff, chew, and dissolvable tobacco) all have dangers, including nicotine addiction. Several of these forms of tobacco are flavored, increasing their appeal to young people. They can taste like fruit, mint, candy, and their favorite cereal, just to name a few.
- Discuss what they might say if a friend offers a cigarette or e-cigarette so they are prepared for peer pressure.
- Set a good example. If you smoke or vape, the best thing you can do is quit. At a minimum, don't smoke around your children.
- Don't allow family members or friends to smoke in your home or car. Make sure the places your child spends their time are tobacco-free.

If your child has started smoking or vaping, try to learn why. This may help you talk with them more effectively. Instead of punishment, offer understanding and help to resist the dangerous lure of tobacco use and addiction and finding help to quit.

Here is some additional information that parents may find useful: <https://www.crossingrivers.org/your-bridge-to-wellness/posts/teens-and-e-cigarettes-what-you-should-know-about-vaping-1>.

# What Parents Need To Know



Nicotine can harm the brain as it develops—which continues until age 25 or older!

85% of e-cigarettes users ages 12-17 use flavored liquid- menthol, fruit, alcohol, chocolate, sweets, etc.



E-cigarettes don't leave a smell like tobacco, so it's going to be harder to know if your teen is vaping.

In 2015, 1 in 6 high school students reported using e-cigarettes in the past month.

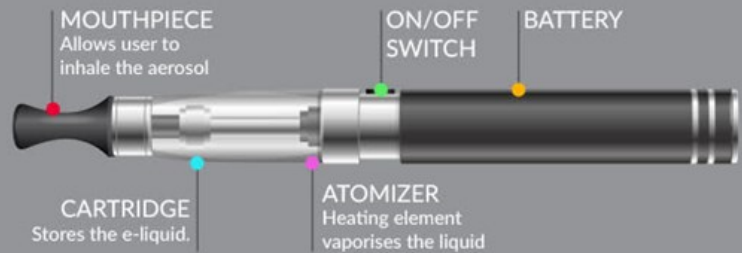


More than 60 percent of teens believe that occasional use of e-cigarettes causes only little or some harm.

U.S. middle and high school students use e-cigarettes more than any other tobacco product.



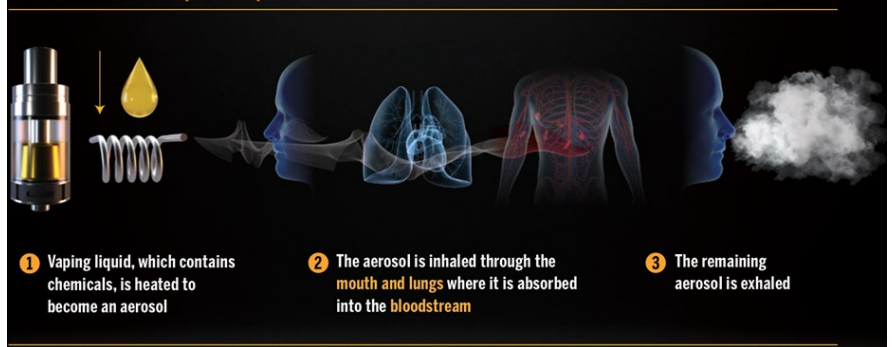
## HOW DOES AN E-CIGARETTE WORK?



E-cigarettes create an aerosol by using a battery to heat up liquid that users inhale. E-cigarettes can also be used to deliver cannabinoids such as marijuana, and other drugs. They come in a variety of shapes and sizes.

- ⇒ Remember, if young people don't start using tobacco by age 26, they almost certainly will never start.
- ⇒ Youth have permission to say "No" to using tobacco or nicotine containing products.
- ⇒ Those who choose to use it need to make informed decisions that could affect their health. They should also consider how younger kids look up

### How it Works: From liquid to vapour



For help quitting go to <https://www.breathend.com>, <https://nd.mylifemyquit.org>, or check out youtube videos on <https://www.behindthehaze.com>

## North Border Pembina Students Attend Youth Summit

The following article was submitted by Keythe Flaagan, North Border Pembina school counselor, on behalf of attending students.

The North Border Pembina grades 7-9 attended the Tobacco Free North Dakota online conference on October 7, 2020. We learned that COVID-19 is presenting many challenging times, and it targets the lungs and respiratory system. Lung health is really important not only in general, but more in times we are going through. We learned that ND voters passed the Smoke Free Air Law (SFAL) in 2012, and the 2016 survey showed 80% support the law as is. All tobacco is dangerous and there is no safe amount of exposure. We also learned about the Electronic Nicotine Delivery Systems (ENDS) classification and licensing. Licensing will allow for data collection on sales, use, and health effects.

It has been 27 years since tobacco taxes were raised. We have gone from top 10 to bottom 3 for tobacco rates in the U.S. This conference gave many valid reasons and information on what has been done, and what should be done about tobacco. We learned very important statistics that everyone should know about. We think this conference was very educational and gave a reasonable amount of information on tobacco use.

# Pembina County Public Health



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Prevent. Promote. Protect.

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## Watch for Updates

PCPH is using Facebook, the Pembina County website, radio, and newspaper to keep you up-to-date on events and important information.

Like our page on  
Facebook!

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

