

Pembina County Public Health

Prevent. Promote. Protect.
Spring 2025



**THIS IS A FREE
SERVICE PROVIDED
BY APPOINTMENT**



LEARN HOW TO PROPERLY INSTALL A CHILD SAFETY SEAT.

Pembina County Public Health has certified car seat technicians available to help ensure your child is riding safely in a properly installed car seat.

Our department is a Cribs for Kids® partner which is a safe-sleep education and distribution program for families to help reduce the risk of injury and death of infants due to unsafe sleep environments. The program addresses specific situations dealing with socioeconomic issues such as crib affordability and cultural practices such as bed-sharing and secondhand smoke.

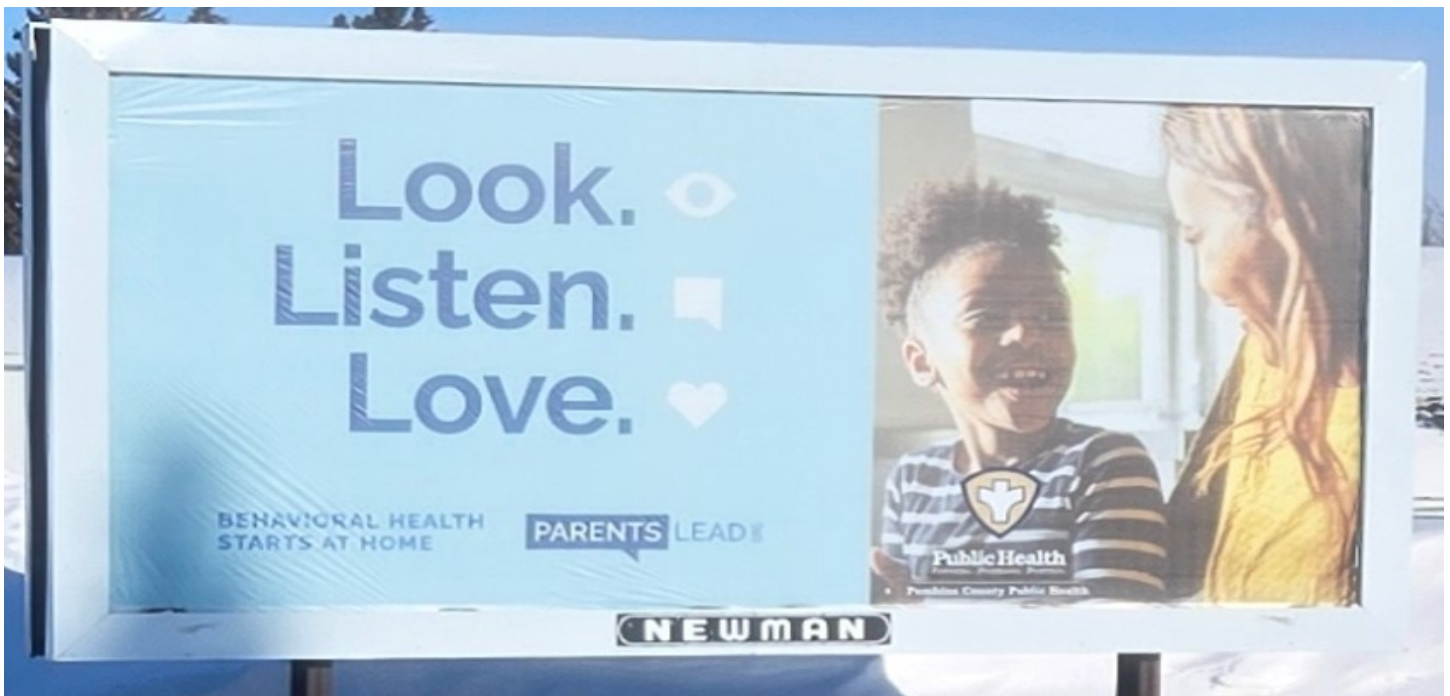
Crib Kits for eligible pregnant and newly delivered mothers feature a "free" portable Pack n' Play, crib sheet, pacifier and a swaddle sack.

Need help installing a new car seat?

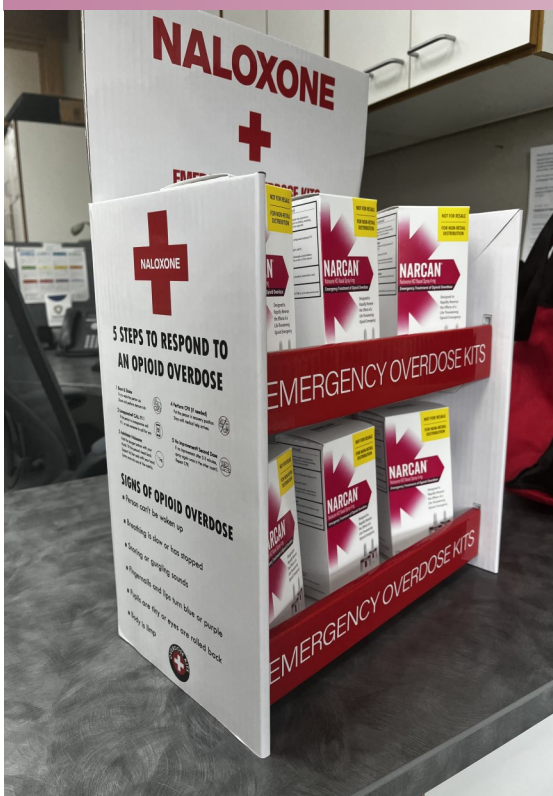
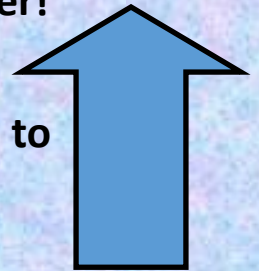
Or perhaps you just want to get your current car seat checked to make sure it is installed properly?

We have car seat technicians on staff to help. Give our office a call at 701-265-4248 to set up an appointment.

Cribs for Kids®
Helping every baby sleep safer

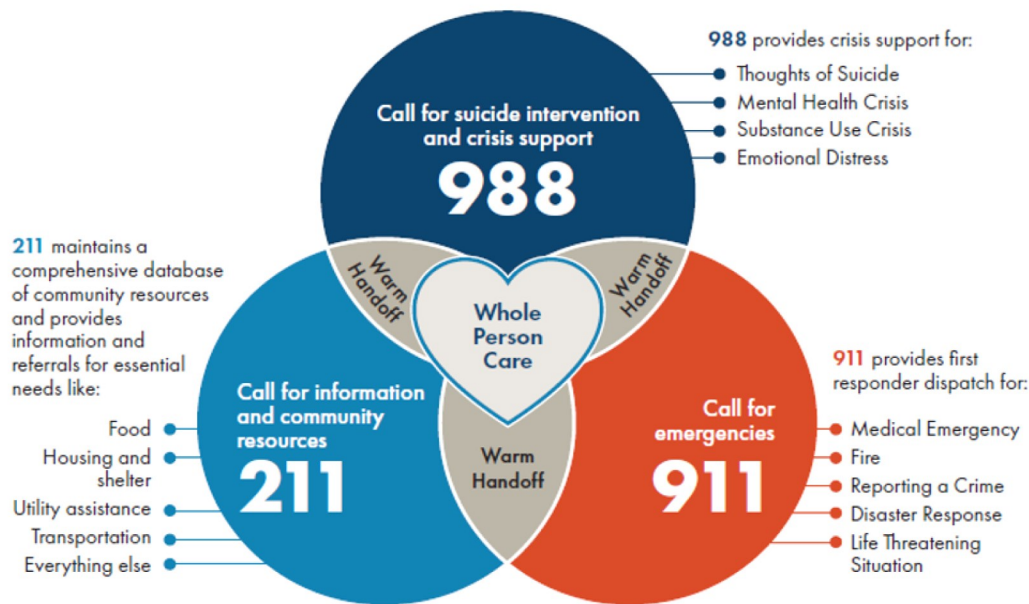


Check out the new billboard heading north outside of Cavalier! Parents Lead is an evidence-based prevention program that aims to equip parents and caregivers with tools and resources to support their children's behavioral health. Just visit www.Parentslead.org for more information.



As part of the State Opioid Response (SOR) Grant our department is working to continue increasing access of Narcan to Pembina County communities. This grant aims to address the opioid crisis by increasing access to treatment and reducing opioid overdose deaths through the provision of prevention, treatment and recovery activities for opioid use disorder. Pictured is a distribution stand that will be placed in various public locations for community members to take a kit for free. If your agency would be interested in having a distribution stand available for your patrons, please reach out to 701-265-4248!

Help is **3** Numbers Away



988 | SUICIDE & CRISIS
LIFELINE

NORTH
Dakota | Health & Human Services
Be Legendary.

Upcoming Events:

March 18th: Cavalier school health

March 25th: Drayton school health

March 26th: Pembina Outreach at Larry Wilwant Center by appointment only

April 1st: Walhalla school health

April 2nd: Walhalla Outreach at St. Boniface by appointment only

April 8th: Pembina school health

April 18th: Office closed for Good Friday

April 23rd: Drayton Outreach at Tisdale by appointment only

April 24th: Teen Maze at the Cavalier school

May 7th: Walhalla Outreach at St. Boniface by appointment only

May 26th: Office closed for Memorial Day

Come see us!

Give our office a call to set up an appointment at 701-265-4248.



In case you missed it...



Staff member, Rachelle, got to visit about handwashing with the children at Kids Choice Daycare in Walhalla. Thanks for having us, Kids Choice!



Staff member, Sara, and some of our friends from Cavalier County Health District are representing in Bismarck at the Public Health Day at the Legislature event! This day provides an opportunity to educate our legislators on important policy decisions and public health issues.



The vast majority of vapes, especially disposable and flavored ones, are illegal to sell in the United States because they lack FDA authorization, while only a small number of tobacco-flavored products are legally marketed. See the list below of the only authorized e-cigarettes to be sold in our country.



E-Cigarettes Authorized by the FDA

As of Jan. 2025, these are the only e-cigarettes authorized to be sold in the U.S.

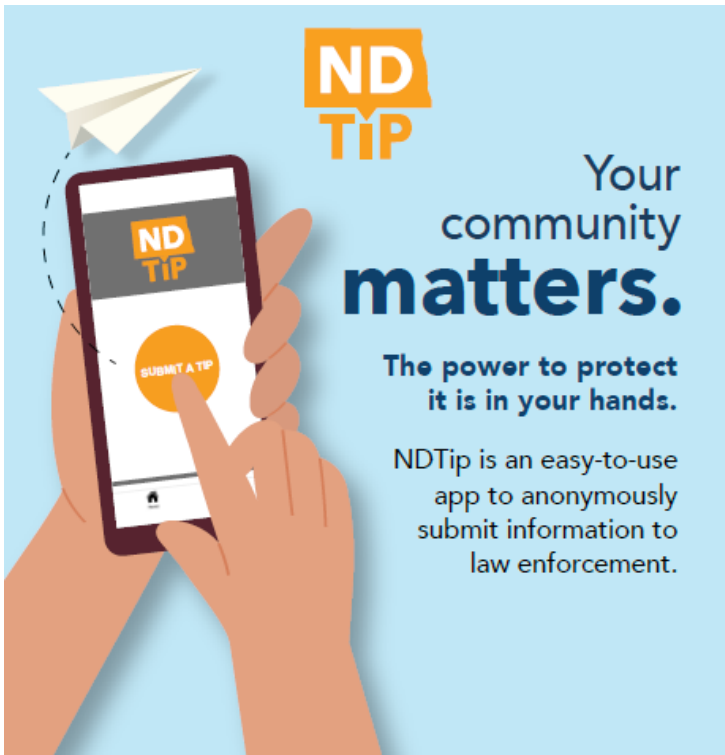


Manufacturer	Product Name	
Logic Technology Development LLC	Logic Regular Cartridge/Capsule Package	Logic Pro Capsule Tank System (1)
	Logic Vapeleaf Cartridge/Capsule Package	Logic Pro Capsule Tank System (2)
	Logic Vapeleaf Tobacco Vapor System	Logic Power Tobacco e-Liquid Package
	Logic Pro Tobacco e-Liquid Package	Logic Power Rechargeable Kit
NJOY LLC	NJOY DAILY Rich Tobacco 4.5%	NJOY ACE POD Classic Tobacco 2.4%
	NJOY DAILY EXTRA Rich Tobacco 6%	NJOY ACE POD Classic Tobacco 5%
	NJOY DAILY EXTRA Menthol 6%	NJOY ACE POD Rich Tobacco 5%
	NJOY DAILY Menthol 4.5%	NJOY ACE POD Menthol 2.4%
	NJOY ACE Device	NJOY ACE POD Menthol 5%
R.J. Reynolds Vapor Company	Vuse Vibe Power Unit (1)	Vuse Replacement Cartridge Original 4.8% G2
	Vuse Vibe Tank Original 3.0%	Vuse Alto Power Unit
	Vuse Vibe Power Unit (2)	Vuse Alto Pod Golden Tobacco 5%
	Vuse Ciro Power Unit (1)	Vuse Alto Pod Rich Tobacco 5%
	Vuse Ciro Cartridge Original 1.5%	Vuse Alto Pod Golden Tobacco 2.4%
	Vuse Ciro Power Unit (2)	Vuse Alto Pod Rich Tobacco 2.4%
	Vuse Solo Power Unit	Vuse Alto Pod Golden Tobacco 1.8%
	Vuse Replacement Cartridge Original 4.8% G1	Vuse Alto Pod Rich Tobacco 1.8%

For the most up-to-date list of authorized e-cigarettes, visit the [Searchable Tobacco Products Database](#).

While these products are authorized to be sold in the U.S., it does not mean these products are safe nor are they "FDA approved." All tobacco products are harmful and potentially addictive. Those who do not use tobacco products shouldn't start.






ND TIP

Your community **matters.**

The power to protect it is in your hands.

NDTip is an easy-to-use app to anonymously submit information to law enforcement.



Scan Me.

Download on the App Store

GET IT ON Google Play

Opioids.

Fill with *awareness*

Be responsible with your medication.

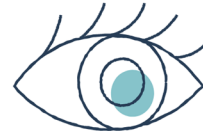
47% of people who misused prescription pain relievers in the past year obtained the pain relievers from a friend or relative

NSDUH National Findings, 2020



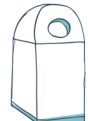
Lock

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.

To learn more about the Take Back program or to find a location near you, go to www.takeback.nd.gov.

FIND OUT MORE AT
WWW.HHS.ND.GOV/OPIOIDS



One of the best things you can do for your heart is to stop smoking or using smokeless tobacco. Even if you're not a smoker, be sure to stay away from secondhand smoke.

Chemicals in tobacco can damage the heart and blood vessels. Cigarette smoke lowers the oxygen in the blood, which raises blood pressure and heart rate. That's because the heart has to work harder to supply enough oxygen to the body and brain.



**CIGARETTE SMOKING
GREATLY INCREASES
YOUR RISK FOR
HEART DISEASE.
QUITTING WILL LOWER
YOUR RISK FOR HEART
DISEASE.
YOUR DOCTOR CAN
SUGGEST WAYS TO
HELP YOU QUIT.**

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*Assistance with medication set up?
Call 701-265-4248 to inquire or
make a referral.*



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



**EMPOWERING BEHAVIORAL
HEALTH TOGETHER**

If you or someone you know would like to join
the Pembina County Behavioral Health
Coalition, call 265-4248 to join the email list
and attend monthly meetings on the last
Tuesday of most months!

Pembina County Public Health

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

Prevent. Promote.

NDQuits
1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits