



Public Health
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Pembina County Public Health

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Drayton Kindergarten Students Pledge to Buckle-up for Every Ride

Students throughout North Dakota honored Child Passenger Safety Month by signing a pledge promising to wear their seat belts in the back seat. Each student's pledge was entered into a contest, sponsored by the North Dakota Department of Health and Pembina

County Public Health, to win a giant stuffed teddy bear. In addition to signing the pledge, children learned safety tips like buckling up in the back on every trip—even short ones around town, riding in the back seat until age 13, never placing a shoulder belt under their arms or behind their back, and the correct way children should use booster seats and seatbelts.



The lucky winner this year was Taylor Hermanson from the Drayton Kindergarten class. The giant bear was presented to Taylor by Public Health Administrator, Jeanne Chaput, Public Health Nurse, Kallie Christenson, and Deputy Marcus Ramsay along with her family and friends. Congratulations to Taylor

UPCOMING EVENTS

June—National Safety Month

July 4th—Independence Day (Offices Closed)

Kindergarten Immunization Clinics — July and August

August 15th—Back to School Night Cavalier

and her class for pledging to buckle up in the back seat on every ride!

For more information about child passenger safety or to purchase a car seat, please contact Pembina County Public Health.

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Add to your resource toolbox...

Are you familiar with the Ask, Advise, Refer (AAR) program? It is an intervention recommended by the U.S. Public Health Service Clinical Practice Guideline: *Treating Tobacco Use and Dependence* to be used by health care providers when assessing their client's tobacco use. Studies show that tobacco users who receive even brief advice and intervention from their healthcare professional are more likely to quit than those who receive no intervention. For more information and training opportunities, contact Pembina County Public Health!



Tobacco Corner

Walhalla Students Develop Public Service Announcements

In collaboration with Pembina County Public Health, KNDK radio, and the North Dakota Center for Tobacco Prevention and Control Policy, students from the Walhalla Safe Communities Coalition and Students Against Destructive Decisions (SADD) chapter worked diligently to develop five individual public service announcements regarding tobacco. Throughout the month of May, 19 students researched the harmful effects of tobacco and the challenges faced when big tobacco companies attempt to market their products.

Throughout the summer, tune in to Big 106.7 or 105.1FM to hear the voices of our local youth speak-

ing out about tobacco, and how it is still a problem in our state. The students had the opportunity to learn even more about media and its influences by traveling to the radio station to record their voices. While at the studio, students also observed live radio recording sessions.

According to the Campaign for Tobacco Free Kids, a key element, identified as best practice by the Centers for Disease Control and Prevention (CDC), in preventing tobacco use and encouraging cessation, is hard-hitting education and media campaigns, such as the work done by the Walhalla students. A big thank you and congratulations to



these kids and their evidence-based efforts!

For more information about tobacco, contact the Center for Tobacco Prevention and Control Policy at BreatheND.com or 1.877.277.5090, or contact Pembina County Public Health at 701.265.4248.

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.



Kindergarten Immunization Clinics

Summer is a great time to prepare for the upcoming school year! Pembina County Public Health nurses will be traveling throughout the county administering immunizations to prepare children for kindergarten. The required immunizations for entry into



kindergarten are: measles, mumps, rubella (MMR); chicken pox (varicella); diphtheria, tetanus, pertussis (Dtap); and polio (IPV). If your child is due or behind on any other immunizations, let us know, and we will set up an appointment to get your child the vaccines they need! Arrangements can be made for children living outside of Cavalier and Walhalla

by appointment, as well. Please call our office at 265-4248 for clinic times and to set up an appointment.

Cavalier Clinics:
July 11 & August 20

Walhalla Clinics:
July 25 & August 7

Quick Tips to Protect Yourself from Ticks & Mosquitoes!



Wear a hat and light-colored, long-sleeve clothing tucked into socks or boots to more easily spot ticks and prevent them from reaching the skin.



Apply and reapply insect repellent as instructed on product labels.



Eliminate standing water to decrease mosquito populations.



Check skin & clothing for ticks daily.



To decrease tick populations, remove leaf litter, tall grass, & brush.



Mosquitoes are most active at dawn and dusk during the warmer months.



Ticks are most active during the spring, summer & fall.



Most insect repellents are safe to be used on children greater than 2 months old

Information courtesy of www.cdc.gov

Pembina County Public Transportation

Pembina County Public Transportation provides “Family Transportation”. Transportation services are for people of all ages. Rides are provided for mothers with infants to WIC and Public Health immunization appointments. This service is also utilized by children for Head Start and/or after school and summer activities. Rides are provided to teenagers for appointments and activities. The elderly often ride for medical appointments and shopping. Rides are also provided for banking, social activities, and to places of employment, the airport and bus depot in Grand Forks, the library, senior citizens centers for meals, beauty shops, court appearances, legal appointments, and any other

ride destination a person may have.

Rides are available in Cavalier and Drayton Monday-Friday, 8:00 a.m.-5:00 p.m. for a fare of \$3.00. Rides are available from other towns in Pembina County into Cavalier for a fare of \$6.00. Rides are available from Drayton/St. Thomas to Grafton Monday-Friday for a fare of \$6.00. Rides to Grand Forks are available to Eastern Pembina County on Wednesday for a fare of \$12.00, and to Western Pembina County on Thursdays for a fare of \$12.00. Rides may also be available to Grand Forks on Fridays. Medical rides are also available to Park River, Langdon and Hallock. If you have a transportation need that is not on the schedule, please call. If at all possible, they will work to provide a ride.

The “Family Transportation” program has accessible vehicles

with ramps for individuals who use wheelchairs, walkers or have mobility problems.

Pembina County Public Transportation is also a Medicaid provider and can provide medical rides to eligible Medicaid recipients. The drivers are trained in passenger assistance and safety. They are friendly and helpful. The office is located in Drayton. There are two vans and two drivers in the Drayton/St. Thomas area, and a bus, one van and four drivers in the Cavalier/Pembina/Neché/Walhalla area. Please call the Pembina County Public Transportation office in Drayton at 701-454-6586 for more details about the schedule, destinations and pick up times.

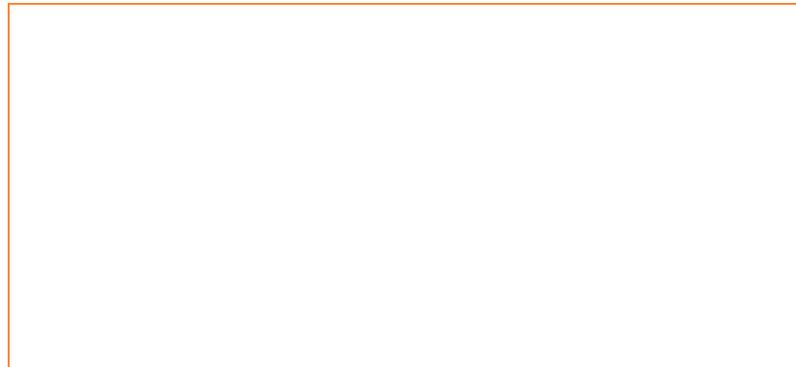


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We're on the Web!

[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

Educational Summer Classes for Kids

Do you know any children who will be looking for something fun to do this summer? If so, let them know about the exciting, educational programs that will be offered through public health!

In collaboration NDSU extension, public health staff will be taking children from the county to Safety Day Camp in Langdon on Thursday, June 13. Children will learn the importance of safety through fun activities and presentations.

In collaboration with local ambulance organizations, public health staff will be offering a first-aid safety class where students will create their own first-aid kit and learn the

basics of first-aid. A class will be offered in Drayton on Tuesday, June 25 and in Cavalier on Monday, July 15.

In collaboration with local police departments, public health will also be offering a bike safety course where children receive their own helmet, learn the rules of the road, and identify the importance of protecting their bodies while riding bike. A class will be offered in Drayton on Wednesday, June 12 and in Cavalier on Thursday, June 27.

To register for a class being held in Langdon or Cavalier, call Dawn Menzies at 701-265-5154. To register for a class being held in Drayton, call Andrea Passa at 701-454-3443.