



Pembina County Public Health

Prevent. Promote. Protect.

Protect Yourself Against Pertussis

Pertussis, also known as whooping cough, is a respiratory illness caused by a bacteria. According to the Centers for Disease Control and Prevention (CDC), it is a very contagious disease found only in humans and spreads rapidly from person to person. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria.

Many infants who get pertussis are infected by older siblings, parents or caregivers who might not even know they have the disease. For this reason, it is very important for all family members and caregivers of new babies to be sure that they have had the required vaccine for their age (DTaP or Tdap) within two weeks of coming in contact with the infant. Symptoms of pertussis usually develop within 7–10 days after being exposed, but sometimes not for as long as 6 weeks.

Pertussis vaccines are very effective in protecting you from disease, but no vaccine is 100% effective. If pertussis is circulating in the community, there is a chance that a fully vaccinated person, of any age, can catch this very contagious disease. If you have been vaccinated, the infection is usually less severe. If you or your child develops a cold that includes a severe cough or a cough that lasts for a long time, it may be pertussis. The best way to know is to contact your doctor.

Although Pembina County has not had any confirmed cases of pertussis yet this season, there have been 213 total cases in the state of North Dakota in 2012. And, neighboring counties of Cavalier and Walsh have had 1 and 7 cases, respectively, in 2012. Protect yourself and your family by being properly vaccinated. Visit www.cdc.gov for more information about this illness and contact Public Health if you would like to check your immunization record.

UPCOMING EVENTS

January 21— Martin Luther King Jr. Day (office closed)

February 14 — Valentine's Day

February 18 — Presidents' Day (office closed)

Area Blood Drives — see inside for details

February — National Heart Health Month



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Be Prepared for Winter Driving

The winter season brings many exciting times such as the holidays, snow activities, and for some, a tropical vacation. But, along with the fun also comes winter driving. The North Dakota Department of Emergency Services recommends making a winter survival kit and storing it in the passenger compartment of your vehicle in case you go into the ditch and cannot access your trunk. Place all items into a plastic storage container in your vehicle for traveling beginning in mid-October.

Some of the items recommended to be placed in a winter survival kit include: tissue, first aid kit, booster cables, rope, flashlight with batteries, body warmers and blankets, food bar and water, exam gloves, whistle, candles, and matches.

The local Red Cross Chapter in East Grand Forks also has winter survival kits available for purchase by calling 218-773-9565 or visiting their website at www.minnkotaredcross.org. Remember, when winter comes, you don't expect to have trouble, but emergencies can strike at any time!

Tobacco Corner

N.D.C.C. 23-12-9 to 23-12-11 Smoke Free—North Dakota's Newest Law

North Dakota's new smoke-free law advances public health by protecting more workers, residents and visitors from secondhand smoke exposure, including the use of electronic cigarettes, in public places and places of employment which includes the following:

- restaurants, bars, truck stops, guest rooms and common areas within hotels and motels, health care facilities, retail tobacco stores, hookah establishments, workplace vehicles, charitable gambling and gaming licensed facilities, and places of public access that may be leased for private functions.
- Enclosed area means all space between a floor and ceiling that has

thirty-three percent or more of the surface area of its perimeter bounded by opened or closed walls, windows or doorways. A wall includes any physical barrier regardless of whether it is opened or closed.

- Within 20 feet of entrances, exits, operable windows, air intakes and ventilation systems of an establishment where smoking is prohibited by the law.

Violations to the new smoke-free law can be reported to your state's attorney, or to state or local law enforcement agencies. Some steps the law requires proprietors to take may include removing ashtrays from any area where smoking is prohibited, posting smoke-free signage, and regularly educating all employees on the smoke-free law, including how to calmly and professionally interact with a person who

is in violation of the law. Pembina County Public Health is able to supply businesses with signage and additional information upon request. For more information 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.

BreatheND
Saving lives, saving money. The voice of the people.

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.



Did you know that 41 Pembina County citizens utilized the Quitline & Quitnet services in the last fiscal year? Our county health department has a tobacco cessation program and is able to assist and reimburse those who are interested in cessation of tobacco use!

Make a Lifestyle Change in the New Year

Looking to ring in the New Year with a healthy lifestyle change? When it comes to weight loss, there's no lack of fad diets promising fast results. But according to the CDC, such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight is not about short-term dietary changes. It is about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the

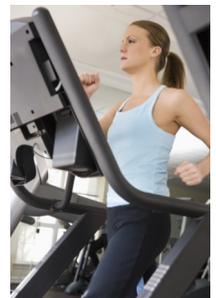
number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age. Preventing obesity can decrease your risk of developing long-term chronic conditions such as diabetes, heart disease, and stroke.

However, losing and maintaining a healthy weight can often be easier said than done. Some things to help you take control in 2013 are to assess your weight and body mass index (BMI) to determine whether

or not your current weight is healthy. Next, adopt an ongoing lifestyle change that includes eating healthy foods in correct portion sizes. Finally, prevent weight gain by implementing an exercise routine and continuing to monitor each and every thing that enters your mouth.

Set realistic goals, and remember—your body will thank you for maintaining a healthy weight!



The Truth About Seasonal Influenza



Who should get a flu shot?

Any person ages 6 months or older. However, it is especially important for those that are at high risk of developing complications if they get sick with the flu. The high risk population includes those who are pregnant, have asthma, diabetes, or chronic lung disease, and/or those who are ages 65 years and older. It is also important for people who live with or care for others with these conditions to receive a seasonal influenza vaccine.

What is a “nasal spray” flu vaccine?

A vaccine made with live, weakened flu viruses that is given as a nasal spray (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). This method of administration provides the same coverage as the injectable method. The viruses in the nasal spray vaccine do not cause the flu. LAIV is approved for use in healthy people 2 through 49 years of age who are not pregnant.

How can we decrease the number of influenza cases?

During the “seasonal flu season” in the United States (the months of October through May), flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the

chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community. Other ways to prevent influenza from spreading are to wash hands frequently, cover coughs and sneezes with a tissue, and avoid touching your eyes, nose, and mouth.

Is seasonal influenza the same as the “stomach flu”?

No. Those who have seasonal influenza will experience symptoms such as a fever, chills, cough, sore throat, runny or stuffy nose, body aches, headaches and/or tiredness.

Why do I need a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change.



Who should not received a flu vaccine?

People who have a severe allergy to chicken eggs, have had a severe reaction to influenza vaccine in the past, children younger than 6 months, and people with a history of Guillain-Barre Syndrome. People who currently have a moderate-to-severe illness with a fever should wait until they are well to get vaccinated. Anyone with these conditions should consult their physician to decide if a seasonal influenza vaccine is appropriate.

When should I get vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends that people get vaccinated against influenza as soon as seasonal flu vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Please visit the CDC website at www.cdc.gov or call Pembina County Public Health at 701.265.4248 for more information about the seasonal flu vaccine. Our Public Health office has influenza vaccine available for children ages 6 months through 18 years.

Winter Blood Drives in Pembina County

Take time to give back this season by donating blood if you are able. United Blood Services will be traveling to sites throughout Pembina County during the winter months. Check out the following sites near you:

- ♥ January 17, 2013—**Drayton**
St. Edward's Parish Center Main Hall
12:30pm-5:30pm
- ♥ February 6, 2013—**Walhalla** Senior Citizens Center Main Room 1:00pm-6:00pm
- ♥ February 20, 2013—**Cavalier** United Lutheran Church Fellowship Room
12:45pm-5:45pm
- ♥ February 27, 2013—**St. Thomas** Public School Home Economics Room 8:15am-1:00pm

Pembina County Public Health



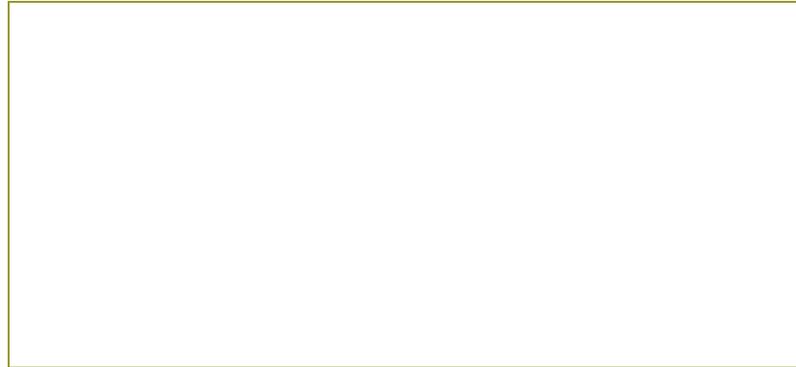
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We're on the Web!

[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

Revel Sapa—ND Outreach Specialist at Options

Revel Sapa is Pembina County's outreach specialist for Options Interstate Resource Center for Independent Living. Revel serves people experiencing the effects of aging and people with any type of disability; there is no age qualification. Her branch office is located in Cavalier, but she assists all residents of Pembina County. Revel's services are free of charge to individuals requesting them as Options is funded by various state and federal grants, as well as private donations. Some of the many services

that Revel can provide include help with homemaking, link you to assistance within your community, provide transportation options, teach about personal safety and adaptive equipment, find housing or personal care attendants, enroll in a prescription drug plan and/or manage a budget. If you or someone you know has any questions about possible resources, please call Revel Sapa at 701-265-4618 or email revel@myoptions.info.

