

# Pembina County Public Health

Prevent. Promote. Protect.  
Fall 2025



Nicotine pouch use is increasing across the United States, including among high school students. While nicotine pouches may have fewer ingredients than cigarettes and other smokeless tobacco products, studies have found hazardous substances and possible carcinogens in some nicotine pouches. Nicotine is a harmful and addictive substance that affects brain development in youth. If we wish to aim to create a tobacco-free generation, we must also focus on a nicotine-free generation because nicotine is the addictive substance at the core of all tobacco products.

Source: <https://www.mdanderson.org/cancerwise/what-to-know-about-nicotine-pouches>

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.

♥ Call 265-4248 to inquire or set up an appointment! 💙



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**The next Behavioral Health Coalition meeting will be October 28th at 1:30pm in the Farmer's Room. (Basement of the Courthouse).**

**All are welcome to attend!**

## *September is Suicide Prevention Awareness month*



Source: <https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month>

September is Suicide Prevention Awareness Month—a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives.



**Here to listen. Here to help.**

**988**

Call, text  
or chat anytime.





# ADULT HOME VISITING



## ASSISTANCE WITH MEDICATION SET UP?

**Call 701-265-4248  
to inquire or make a  
referral.**



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The Youth Action Summit is great for North Dakota youth and young people in middle and high school who are passionate about making positive impacts in their school, community, and state to prevent the next generation from a lifelong addiction to nicotine.

## SAVE THE DATE:

### Bismarck Youth Action Summit

**WHEN: 10.7.25**

**WHERE: Bismarck  
Civic Center**



### Fargo Youth Action Summit

**WHEN: 10.8.25**

**WHERE: Avalon  
Event Center-Fargo**



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FOR MORE INFORMATION ABOUT THE SUMMIT NEAREST TO YOU,  
VISIT:

## Upcoming Events:

### September 24th:

Pembina Outreach at  
Wilwant Center by  
appointment only

**October 1st:** Walhalla  
Outreach at St. Boniface  
by appointment only

**October 7th:** School  
health in Pembina

**October 8th:** Youth  
Action Summit in Fargo

**October 14th:** School  
health in Walhalla

**October 22nd:** Drayton  
Outreach at Tisdale by  
appointment only

**October 28th:** School  
health in Cavalier

**November 5th:** Walhalla  
Outreach at St. Boniface  
by appointment only

**November 11th:** Office  
closed for Veterans Day  
holiday

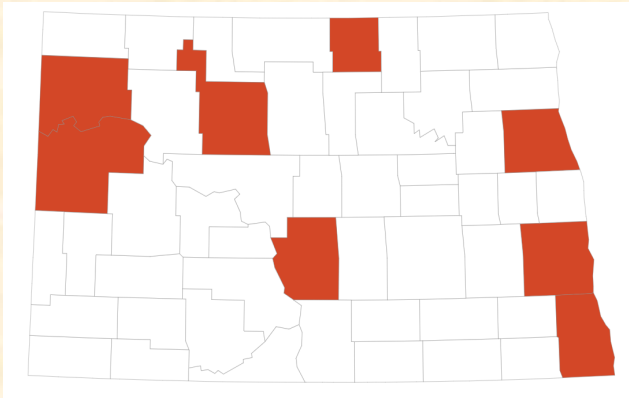
**November 26th:**  
Pembina Outreach at  
Wilwant Center by  
appointment only

**November 27th & 28th:**  
Office closed for  
Thanksgiving holiday

### Come see us!

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

## ***West Nile has been reported in North Dakota!***



Map updated 9/5/2025

West Nile virus is the leading cause of mosquito-borne disease in the continental United States. About 1 in 5 people who are infected develop a fever and other symptoms. About 1 out of 150 infected people develop a serious, sometimes fatal, illness.

West Nile virus is spread to people through the bite of an infected mosquito. Mosquitoes bite during the day and night. There are no vaccines or medicines to prevent West Nile. The best way to prevent West Nile is to protect yourself from mosquito bites.

- Use insect repellent
- Wear long-sleeved shirts and pants
- Treat clothing and gear
- Take steps to control mosquitoes indoors and outdoors

Source: <https://www.hhs.nd.gov/wnv/about>

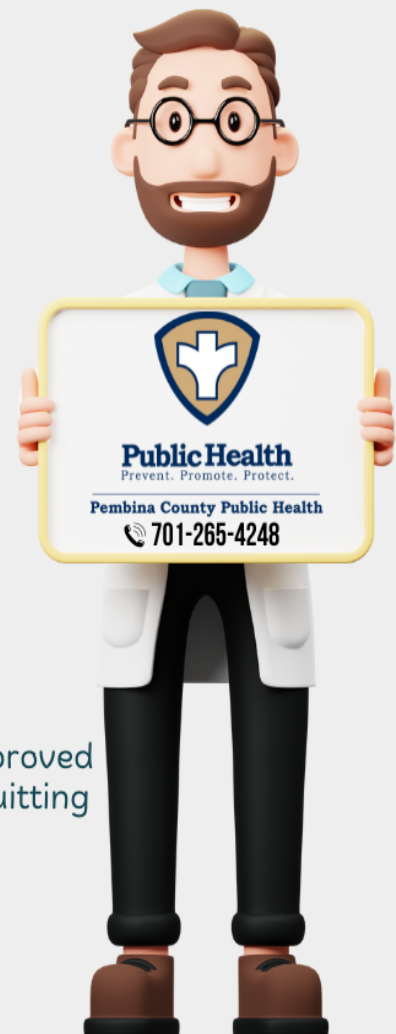
In case you missed our ad on the radio recently, we wanted to remind you of a great program we have available to our clients at Pembina County Public Health. Give our office a call with any questions!

## **Nicotine Replacement Therapy Reimbursement Program**

### **Qualifications**

- ✓ Be a Pembina County Resident
- ✓ Enroll in NDQuits
- ✓ Provide a current receipt from purchase of qualifying FDA approved medications used to assist in quitting tobacco.

**NDQuits**  
1-800-QUIT-NOW (1-800-784-8669)  
[hhs.nd.gov/ndquits](https://hhs.nd.gov/ndquits)



# UNDER 13 YEARS OLD?

**ALWAYS SIT IN BACK SEAT.**



**[NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat)**



According to NHTSA, motor vehicle crashes are a leading cause of death for children. Every day in 2023, an average of two children under 14 were killed in crashes, and another 345 were injured in traffic crashes while riding in passenger vehicles. When it comes to child passengers, there is a right seat for every age and developmental stage — from infants to teens. Whether it's a rear-facing or forward-facing car seat, a booster seat, or a seat belt, a certified Child Passenger Safety Technician can put parents' minds at ease by confirming which seat is correct for their children and showing them how to correctly install that seat in their vehicle. Children should stay in each seat and position until they outgrow the height or weight limits for the car seat, and it's important for all children under 13 to ride in the back seat. Pembina County Public Health has Car Seat Technicians on staff, make an appointment to have your seat checked!

## ***Great American Smokeout is coming November 20th, 2025!***

Quitting smoking isn't easy. It takes time and a plan. On this day, millions of people choose to start their journey toward a smoke-free life or make an intention to quit. During this event smokers are encouraged to abstain from smoking as part of a campaign to emphasize the hazards of the practice. You don't have to stop smoking in one day. You just have to start!

**YOU DIDN'T  
FAIL AT  
QUITTING  
SMOKING.  
YOU'RE  
JUST NOT  
DONE YET.**

**PEMBINA COUNTY PUBLIC HEALTH HAS RESOURCES TO HELP YOU QUIT.**

**CALL 701-265-4248**



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## 2025 RESPIRATORY VACCINE CLINIC DATES

All clinics will run from 9:30am-12:00pm

Date	Location
October 2nd	Walhalla Senior Center
October 9th	Drayton Senior Center
October 16th	The Chuck Stop - Crystal
October 23rd	Mountain Community Center
October 30th	Northdale- Nече
November 6th	Gastrak- Pembina
November 13th	St. Thomas Cafe



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In need of other vaccines? Give us  
a call, we will bring them along!

701-265-4248



**DON'T FORGET!**  
Bring all  
insurance  
cards with  
you



### Pembina County Public Health

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

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