

Pembina County Public Health

Prevent. Promote. Protect.

Fall 2026



Pembina County Public Health Brings Suicide Prevention Awareness to Local Communities

Pembina County Public Health joined communities across Pembina County to raise awareness about suicide prevention and promote hope, connection, and support during Suicide Prevention Awareness Month.

From September 6th-18th, nine communities throughout Pembina County had a small awareness display featuring a lantern, an encouraging message, and a container of flags, ribbons, magnets, and information cards.

Community members were invited to visit a display, take a moment to pause and reflect, take a flag to place in a flower pot, or another visible location as a simple way to show support for suicide prevention and remind others they were not alone.



If you smoke, quitting is one of the best things you can do for your health-no matter how long you've smoked. Free resources are available to help you get started and stay on track. **NDQuits** offers personalized support and coaching, **My Life, My Quit** provides free, confidential help for teens, and the **EX Program** offers tools and guidance to help you quit for good. No matter where you

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.

Upcoming Events:

September 23rd:

Pembina Outreach at Wilwant Center by appointment only

October 1st: Vaccine clinic at Walhalla Senior Center

October 6th: School health in Hoople/Crystal

October 7th: Youth Action Summit in Fargo

October 13th: School health in Pembina

October 20th: Walhalla School Health

October 27th: School health in Drayton

November 3rd: School health in Walhalla

November 11th: Office closed for Veterans Day holiday

November 26th & 27th: Office closed for Thanksgiving holiday

Come see us!

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



2026

Youth Action Summits

Bismarck

Tuesday, October 6

Bismarck Event
Center



Fargo

Wednesday, October 7

Avalon Events
Center

For more information: <https://tfnd.org/youth-action-summit/>



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Prevent HPV Cancers

What is HPV?

The Human papillomavirus (HPV) is a common virus that spreads easily and often when an infected person has no signs or symptoms. It can take years or decades before cancer from HPV infection develops.

How does HPV spread?

HPV spreads through intimate skin-to-skin contact. It can spread without having sex. Three out of every four adults will have at least one HPV infection before age 30.

The HPV vaccine prevents cancers caused by HPV.

The HPV vaccine protects against certain types of HPV infection, HPV cancers, and prevents most cases of genital warts. The HPV vaccine is recommended for all boys and girls between the ages of 9 and 12.

Recommended HPV Vaccination Schedule.



On time: Age 9-12
2 doses
• 6-12 months apart



Late: Age 13-14
2 doses
• 6-12 months apart



Critical: Age 15-26
3 doses
• 1st dose at visit one
• 2nd dose 1-2 months later
• 3rd dose 6 months after 1st

HPV vaccination between ages 9 and 12 will prevent more HPV cancers than vaccination at older ages. Why?

- ✓ Pre-teens produce more antibodies after HPV vaccination than older teens.
- ✓ It's important for children to be vaccinated BEFORE possible exposure to HPV infection.

Learn More

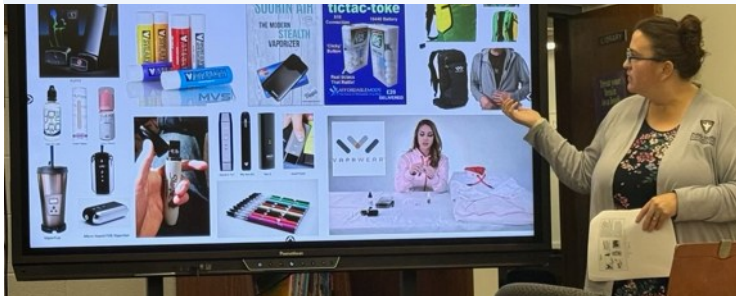
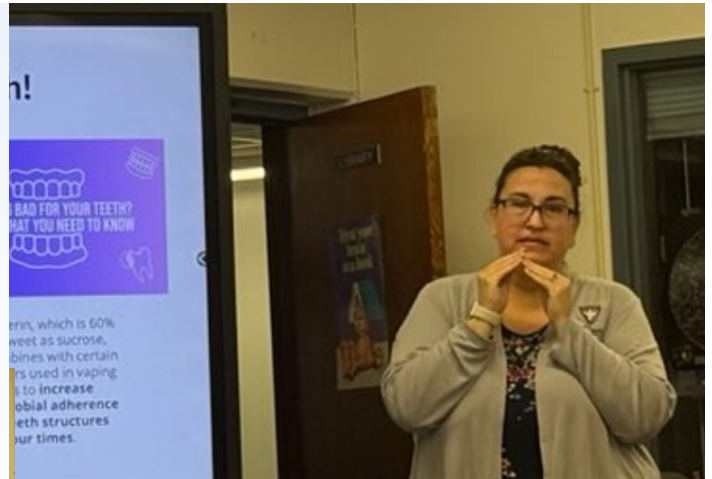
- aap.org/hpv
- cancer.org/hpv
- nfid.org/hpv
- foundationd.org/hpv-vaccine-info
- <https://bit.ly/46xvIMH>
ND Health & Human Services



**Questions? Contact Pembina County Public Health
at 265-4248. We're here to help!**

RN staff member Sara had the pleasure of speaking with Drayton Public School staff members just before the start of the school year. She provided an informative discussion on the ever-changing landscape of tobacco, nicotine, and e-cigarettes, equipping staff with current information and resources to better understand these evolving issues.

The presentation sparked a great discussion among staff, and Public Health is incredibly grateful for the opportunity to connect, share information, and support the school community!



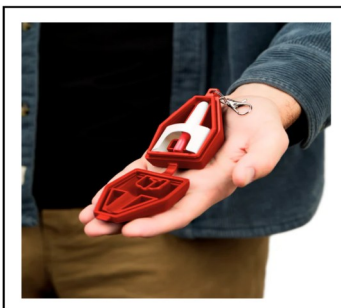
Don't let a bulky box stop you from carrying Narcan!

Narcan should be stored at room temperature—extreme heat or cold can affect it. That's why we're offering **FREE Narcan keychains!** Keep a dose within easy reach on your keys, bag, or backpack. **Stop by and grab yours today!**

Mental health is just as important as physical health.



FREE
NARCAN
KEYCHAINS
AVAILABLE!



new!



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Free Narcan
training available
upon request!
📞 701-265-4248

Mental health is just as important as physical health. Parents Lead helps schools and families work together to support kids' emotional well-being, before crisis hits. Prevention is powerful. Check out resources at ParentsLead.org And don't forget—988 is always there when someone needs immediate help.

Submit anonymous tips about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways. Learn more: hhs.nd.gov/steps-submit-tip



Babies sleep safest when Safe Sleep Steps are followed. The Safe Sleep Steps can prevent sleep-related infant deaths. Learn more: <https://www.hhs.nd.gov/safe-sleep>



Respiratory Virus Prevention Strategies

Primary Strategies

Immunizations



Wash Your Hands, Cover Your Coughs & Sneezes & Clean Frequently Touched Surfaces



Steps for Cleaner Air



Discuss Treatment Options With a Healthcare Provider



Stay Home & Prevent Spread



Additional Strategies

Masks



Distancing



Tests



Stay Home & Away From Others Until,



Your Symptoms Are Getting Better

and



You Are Fever-free (without meds)

For 24 Hours



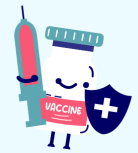
Then Take Added Precaution For The Next 5 Days

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2026 RESPIRATORY VACCINE CLINIC DATES

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

Date	Location
October 1st	Walhalla Senior Center
October 8th	Drayton Senior Center
October 15th	The Chuck Stop - Crystal
October 22nd	Mountain Community Center
October 29th	Northdale- Nече
November 5th	Gastrak- Pembina
November 19th	St. Thomas Cafe



DON'T FORGET!
Bring all
insurance
cards with
you



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

☎ 701-265-4248



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