Public Health
Prevent. Promote. Protect.
Wells County District Health Unit

Wells County District Health Unit

FALL 2022

COVID-19 Testing and Vaccination

Monday—Thursday (Harvey)

Tuesday & Wednesday (Fessenden)

Schedule by calling

Wells County District Health Unit

701-324-5259

Testing available by appointment only

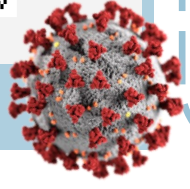
COVID-19 LINKS

Isolation

tinyurl.com/COVID-isolation-guidelines

Exposure

tinyurl.com/COVID-exposure



COVID-19 Dashboard

COVID-19 Self Testing Kits

COVID-19 at-home testing kits continue to be available **FREE** of charge, while supplies last, at our Harvey and Fessenden locations.

For more information about self-testing please visit:
health.nd.gov/home-testing-or-self-testing-guidance

Please see *the expiration extension information* on the back

COVID Booster Update

Bivalent COVID boosters available for ages 5 and up!



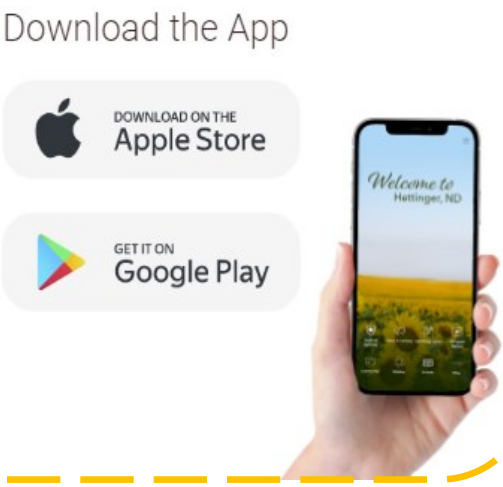
Wells County District Health Unit recommends all individuals 6 months of age and older receive an influenza vaccine this season to prevent getting the flu. Influenza is an illness characterized by fever, body aches, cough and sore throat, not the "stomach flu" people often think of. Influenza illness can be particularly severe in the very young, very old, or individuals with other health conditions like heart disease, lung disease, and diabetes.

New 988 Suicide & Crisis Lifeline

In 2020, the U.S. had one death by suicide every 11 minutes. Suicide is a leading cause of death for people aged 10-34 years. In response to this tragic reality, in 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. ***There is Hope.*** Just call or text 988 or chat **988lifeline.org**

NEW Living Local App

Have you felt in the dark about what is going on in our community? Ever wish there was one place where you could find most everything you needed to know about events and community alerts? Well, no need to be in the dark any longer because the new Living Local app is here! Simply search in your app store for either Fessenden ND or Harvey ND to download your city app!



Vison Zero Event



On September 20th, 2022, Wells County District Health Unit partnered with Harvey High School, Fessenden High School, and Vision Zero to bring various presenters to the Fairgrounds for a safety day. Thank you to Trinity Health First Response Air and their crew for flying in and letting students get a close up of the helicopter. Minot SWAT team brought their tactical gear, command vehicle and armored vehicle Highway Patrol had a rollover simulator to demonstrate seat belt safety. Vision Zero allowed students to use SIDNE Go Kart simulator which demonstrated distracted driving. CP Rail, Gooseneck Implement, Safe Kids Minot, Fessenden Fire Department and Fessenden Ambulance Service were also on site with safety stations. Wells County Sheriffs Office used drunk goggle simulation and field sobriety testing to demonstrate impairment.

VISION ZERO
Zero fatalities. Zero excuses.

Honor Roll

Wells County District Health Unit has once again been recognized by the North Dakota Immunization Program for the following:

Pediatric Immunization Honor Roll for the third quarter of 2022

While the staff at WCDHU are honored and proud to be recognized on the North Dakota Immunization Honor Roll, ***the real honoree is YOU!*** Thank you to our community members for getting yourselves and your children vaccinated and helping our community stay safe and healthy.



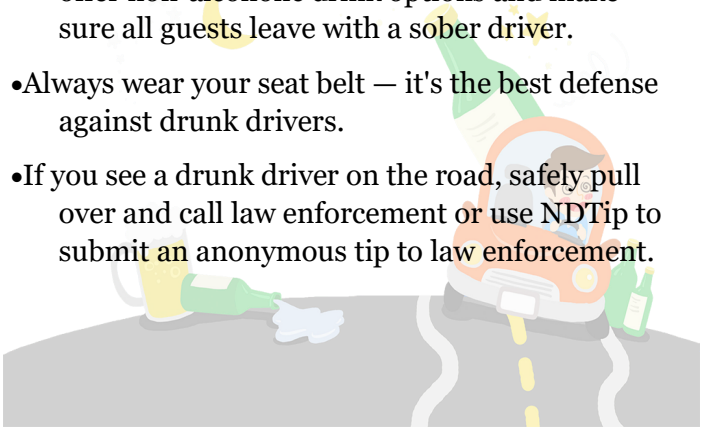
BUZZED DRIVING IS DRUNK DRIVING

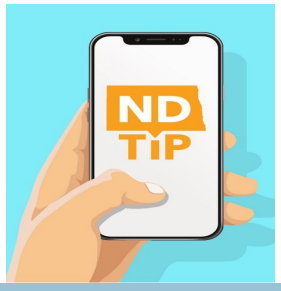
Despite the fact that it's illegal to drive drunk, one person was killed every 52 minutes in a drunk driving crash on our nation's roads in 2019. That's a total of 10,142 people who died in alcohol-impaired driving crashes in one year. Even a small amount of alcohol can affect a person quickly; for example, a blood alcohol concentration of .02 can affect someone's ability to perform two tasks at one time.

Be Responsible: Have a Plan

Your life and the lives of others on the road are at risk every time a driver gets behind the wheel after drinking. Here are a few tips to stay safe:

- Before drinking, choose a designated driver, or schedule a ride-share.
- If you are hosting a party where there's alcohol, offer non-alcoholic drink options and make sure all guests leave with a sober driver.
- Always wear your seat belt — it's the best defense against drunk drivers.
- If you see a drunk driver on the road, safely pull over and call law enforcement or use NDTip to submit an anonymous tip to law enforcement.





Use NDTip to submit an anonymous tip to law enforcement about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways.

Great American Smoke Out

Quitting tobacco is the single most important thing you can do to improve your health. According to the most recent Behavioral Risk Factor Surveillance System data, North Dakota's smoking rate, at 15%, is higher than the current national average of 14.4%. All smokers, including those using electronic nicotine delivery systems or vaping devices, are encouraged to make the Great American Smokeout on Thursday, November 17, their quit date.

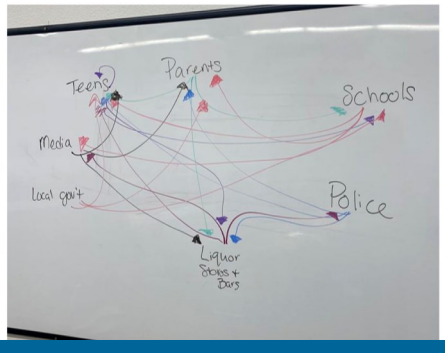
North Dakotans are invited to join thousands of others across the country who are planning to quit as a part of the American Cancer Society's annual Great American Smokeout. NDQuits and local public health units provide a wealth of resources to help tobacco and nicotine users quit.

Wells County District Health Unit recognizes the most effective way to quit smoking is to make a quit plan. A quit plan may include setting a quit date, listing reasons to quit, changing routines to avoid triggers, and building a solid support system. Our office assists those wanting to quit tobacco and nicotine by providing educational materials and tobacco cessation resources. In addition, the statewide tobacco cessation program, NDQuits, offers free support and coaching.

Tobacco users can get help enrolling in NDQuits with assistance from Wells County District Health or by calling 1-800-QUIT-NOW (1-800-784-8669). TDD users can call toll-free at 1-800-842-4681. Enrollment in NDQuits is also possible online at hhs.nd.gov/ndquits.

Project Northland

Wells County District Health Unit's Prevention Coordinator is teaching Project Northland's *PowerLines* curriculum to Harvey High School 8th graders this fall. *PowerLines* is intended to empower 8th graders as emerging members of the adult community. Complete with parent materials, shared leadership roles for peer-led activities, a re-enactment of an alcohol related controversy, and an array of fun community projects, *PowerLines* gives students opportunities to become positive influences at and away from school, with and without their peer groups, and positive role models for younger students.



Duck Fest!

Nurses Yolanda Gray and Larissa Hoaglund were a part of the Bowdon Ambulance open house during Duck Fest this year! The nurses were handing out **free** bike helmets to any child in need of one as well as properly fitting them to each child's head. It was a great success *and* everyone learned more about bicycle safety!





Harvey location:
1008 Adams Ave
Harvey, ND 58341
701-324-5259

Fessenden location:
103 6 Ave N
Fessenden, ND 58438
701-547-3756

Hours:
8am—4:30pm
Monday—Thursday

Do you follow us on Facebook?!
"Wells County District Health Unit"

Did you know?

We've given ~475 flu shots this fall!

You are more likely to get calluses on your feet if you have diabetes. **Calluses** can turn into **ulcers** if not trimmed But don't try to take care of it yourself with over the counter remedies as acid is harmful to a diabetic foot. Consult with your footcare provider for the best plan of action or call us for any foot care needs you may have!



Our nurses go into the schools annually to teach Growth and Development, proper dental hygiene and handwashing techniques!

