



Public Health
Prevent. Promote. Protect.

Wells County District Health Unit

Winter is here...

and so is the holiday season!

As Winter rolls ins, so does an increased risk of slips on ice or strain from shoveling heavy snow.

Researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate **and** blood pressure.

The weather can make shoveling more difficult. Cold air makes working and breathing hard, which adds some extra strain on the body. Keep reading on page 2 for safe shoveling tips!

During the winter months, we also see a rise in respiratory illnesses. Friendly reminder that we have RSV, COVID-19, and flu vaccines available at both of our locations!

Lastly, while the holiday season is joyous for many, it can bring about feelings of loss, loneliness, and sadness for others.

If you are struggling to maintain your sparkle, reach out to **988** via text, call, or web chat. They have personnel on hand that can chat through feelings and refer individuals to local support resources! They can even check back in with you daily, weekly, or monthly at no cost!

FAST UPDATES

01 TRAVEL

Brenda, our billing specialist/office assistant, traveled to Las Vegas this fall for a conference focusing on Public Health billing with another colleague from a neighboring health unit. Together, they reported what they learned to other LPHUs throughout the state during monthly billing meetings!

02 EDUCATION IN THE SCHOOLS

Nurses Caitlyn and Larissa have been busy with handwashing education to K-2 students in both schools + checking immunization records & completing the school immunization survey. Together + Prevention Coordinator, Jordan, they participated in Scrubs Camp focusing on medication safety. Jordan has been in both schools teaching prevention curriculums to middle schoolers.



Scrubs Camp - Oct. 2025

All of us at Wells County District Health Unit wish you a happy, healthy New Year!

Smart Shoveling Safety Tips -

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Warm your muscles before shoveling by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly. Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (*not the back*) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.
- **Most importantly**, listen to your body. Stop if you feel pain.

Source: *The Scoop on Snow Shoveling Safety*, NDSU 2022

Shoveling
improperly
could lead
to a strained
back!



Harvey Health Fair - Nov. 2025

Services:

- **Foot care services:** in office or in home. Service includes soak, nail trim, callus + corn removal and moisturizer. \$20 *suggested donation.*
- **Medication management services:** our nurses can set up medication pill organizers & help monitor medication schedules to ensure proper administration of medication. *Referral from PCP required*
- **Medication Disposal Kits:** We have DisposeRX packets and Deterra bags on hand at either of our locations. These products allow you to safely dispose of unused pills in your home trash (versus flushing or tossing straight into the trash!) *We also have free Narcan available to pair with your home's first aid kit!*
- **Durable Medical Equipment:** we have quad canes, wheel chairs, toilet risers, walkers, crutches, shower chairs, etc. to loan out after surgeries or to aid those with limited mobility. *Please note we have limited quantities and may not always be able to provide items at time of request.*
- **Cribs for Kids:** Do you or a loved one need a safe place for baby to sleep? We can help! Crib Kit includes Graco Pack N Play, pacifier, crib sheet and sleep sack
- **Breastfeeding Support:** We partner with local Certified Lactation Counselors to provide prenatal breastfeeding education, weighed feeds, latch and positioning checks, breast pump and milk storage support, breast pumps available for qualifying + underinsured families, helping establish and maintain milk supply, bottle feeding assistance, emotional support and encouragement throughout the feeding journey & referrals to advanced lactation support
- **Health Tracks:** Health Tracks is a preventive health program for newborns, children, and young adults through age 20 who are enrolled in North Dakota Medicaid. Each child receives a comprehensive health assessment completed by a nurse – helping catch concerns early and keep your child on track for a healthy future.

Annual
reminder
about various
services we
offer!



Interested in learning more about the above
services? Please give us a call!
