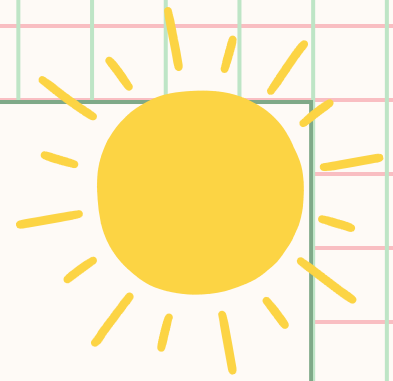




Public Health
Prevent. Promote. Protect.

Wells County District Health Unit



Summer Newsletter

2026

Back to School!

IMMUNIZATIONS

As kids continue to grow, so do their vaccine needs. Keep your child protected with the appropriate back to school immunizations. Call our office to set up an appointment for recommended back-to-school vaccinations!

Grade K: MMR (booster), Chicken pox (booster), DTaP (booster), Polio (booster)

Grade 7: Tdap (tetanus) and MCV4 (meningitis)

Grade 11: MCV4 (booster)

Your Health is in your Hands!

Washing your hands with soap and water is the best way to prevent the spread of infection.



Upcoming Events

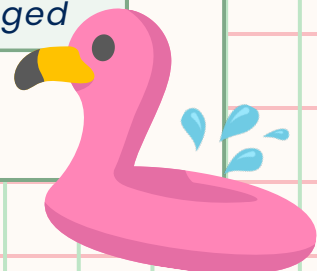
- LATCH. Learn. Grow. July 14
- FBS Sports Physicals July 28
- HHS Sports Physicals July 30
- Harvey Reunion 5k Aug 1
- HHS Sports Physicals Aug 4

Contact Us!

Phone: 701.324.5259

Hours: M-Th 8am - 4:30pm

Appointments encouraged





Summer Activities

We wrapped up two babysitting courses (pictured left is Caitlyn Roemmich, Unit Administrator, instructing Fessenden's class) in early June! Thanks to all who attended!

Pictured right is a portion of our fair booth – it was a great four days of the Wells County Fair! Thanks to everyone who stopped by & grabbed some items!



There's more to sun protection than sunscreen. Protect yourself in **five** ways:



Slip

on sun protective clothing



Slop

on SPF 30 (or higher) sunscreen



Slap

on a broad-brimmed hat



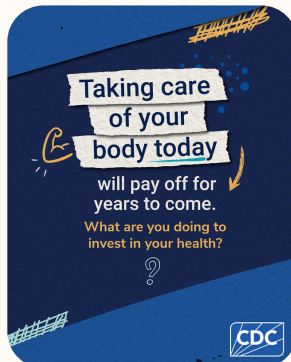
Seek

shade



Slide

on wrap-around sunglasses



Tobacco Treatment

Are you interested in exploring treatment options towards a tobacco-free life? Are you ready to quit, but need help making a plan or getting started with OTC medication? Call **1-800-QUIT-NOW** or text **start** to **300500** to start today!

Healthy Goals

Daily choices are the building blocks of your future health. Pick one of these healthy goals to focus on for the next week:

- **Eat well.** Limit foods with unhealthy fats, added sugars, and excess sodium.
- **Move more.** Aim for 150 minutes of moderate activity per week + strength training 2 days/week.
- **Support your mental health.** Positive mental health is linked to better overall health and well-being.
- **Get enough sleep.** Get at least 7 hours/night. A regular schedule makes it easier, even on weekends.

Your long-term health is built one small, consistent choice at a time. *Your future self will thank you!*