



## Public Health

Prevent. Promote. Protect.

Wells County District Health Unit

# Wells County District Health Unit

WINTER 2023

## 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 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](https://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!**

## COVID-19 LINKS

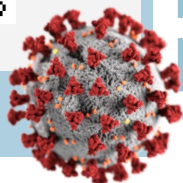
### Isolation

[tinyurl.com/COVID-isolation-guidelines](https://tinyurl.com/COVID-isolation-guidelines)



### Exposure

[tinyurl.com/COVID-exposure](https://tinyurl.com/COVID-exposure)



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.

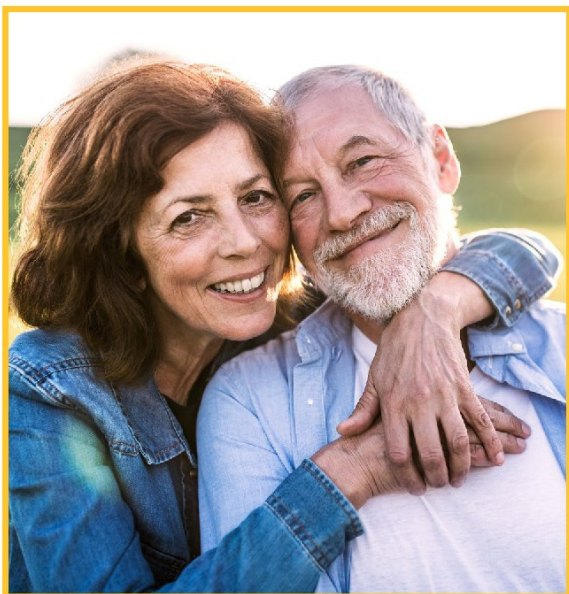
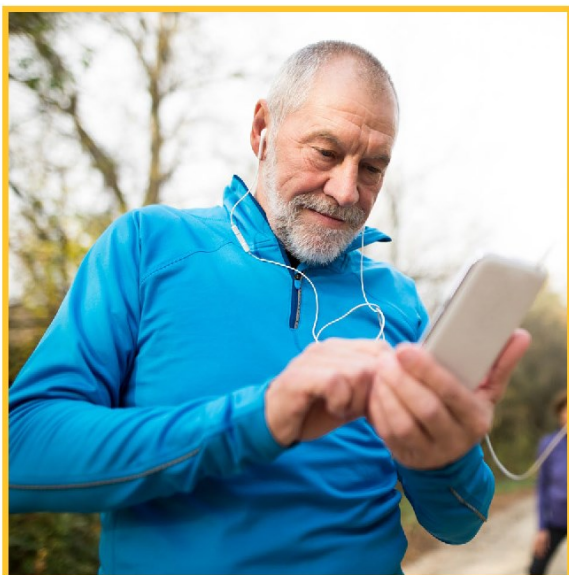
## New 988 Suicide & Crisis Lifeline

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](https://988lifeline.org)



# Sign Up Now!



Join us in this evidence-based exercise/ behavior change program for older adults or those with lower extremity osteoarthritis.

## Fit & Strong

- 12-week program that includes 60-minutes of exercise and 30-minutes of group discussion/health education
- Has demonstrated significant functional and physical activity improvements in older adults

## Components

- Aerobic, strength and flexibility exercise
- Group discussion around a health-related topic

## Benefits

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

## For more information:

<https://www.ndsu.edu/agriculture/extension/programs/fit-strong>

## Upcoming Fit & Strong Classes

### Location, Date and Time:

Wells County District Health Unit is hosting and leading this class. Classes will be held Tuesdays and Thursdays (9:30am - 11:00am) at Harvey Armory and Fessenden Festival Hall. Classes will begin 2/21/23 and wrap up on 5/11/23. Please call 701-324-5259 to register for the Harvey class or 701-547-3756 to register for the Fessenden class. Each location is limited to 20 spots.

# NDSU

## EXTENSION

This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.

# Reducing Your Child's Risk for Substance Use

Have ongoing conversations with your child.

Discuss the dangers of drinking alcohol. Make sure your child knows that you disapprove of underage drinking. Promote healthy choices.

Be a good example.

You are the #1 influence in your child's life. Role-model healthy behaviors and attitudes.

Be a part of your child's life.

Regularly discuss your child's interests and take time to learn about him/her.

Get to know your child's friends and their friends' parents.

Help them problem-solve and offer encouragement.

Spend time together.

Be fully engaged with and responsive to your child; see the world from their perspective. Help your child find ways to have fun without alcohol

Encourage your child to get involved in school or extra-curricular activities

Keeping your child engaged in healthy and positive activities decreases the likelihood of them participating in risky behaviors.

Know where your child is and what they are doing.

Monitor your child's activity, especially during high risk times such as after school.

Set clear rules and enforce them fairly.

Encourage your child's growing independence, but set appropriate limits and follow through with consequences when rules are broken.

Practice refusal skills.

Help them practice how to say no even if they might not be currently experiencing peer pressure.

Make your home safe.

Do not have alcohol easily available in your home and limit guests who abuse drugs and/or alcohol. Keep track of medicines (over-the-counter and prescription) and cleaning products.

## Health Tracks

North Dakota Health Tracks is a preventative health care program for newborns, children and young adults through age 20 who are enrolled in Medicaid.

The program is made up of comprehensive periodic screenings and well-child checkups that help prevent and identify health problems before they become too complex and costly to treat.

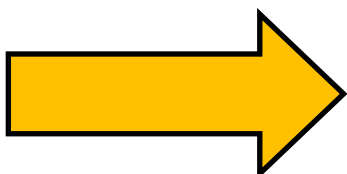
The intent of the ND Health Tracks/Well Child Checks benefit is to focus on early prevention and treatment, assure the availability and accessibility of required health care resources and help members and their parents or guardians effectively use services.

Give us a call to schedule your child!

## Covered Services

Health Tracks may cover:

- Physical exams
- Hearing and vision checks
- Glasses and hearing aids
- Vaccines (shots) and labs
- Dental care, braces, fluoride varnish
- Health education
- Behavioral health screenings
- Growth and development checks
- Nutrition counseling
- Other health services



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

## Footcare Services FAQs

Q. How much does the footcare service cost?

A. Suggested fee for an Office visit is \$35. Suggested fee for a Home visit is \$40. If you are unable to make the suggested fee, we just ask for you to pay what you are able to.

Q. Who is eligible to receive footcare services?

A. Anyone is eligible to receive footcare services. Footcare consists of soaking feet in water for 5-10 minutes, clipping and filing toenails, applying lotion to feet, a brief assessment of the overall condition of feet, and obtaining vital signs. Services can also be modified per individual preference or needs.

Q. How do I sign up?

A. Contact Wells County District Health Unit at our Harvey location at 324-5259 or our Fessenden location at 547-3756.

Q. Do I need a doctor's referral?

A. No.

Q. Do I have to come in to the office or can you come to me?

A. We offer footcare in our offices or in the convenience of your home.

Q. Do I need to bring anything or have anything ready at my home?

A. A basin or something to soak your feet in, a towel, and a toenail clipper is preferred. We do have toenail clippers for purchase at our offices.

## Shoveling snow is just another household chore, right?

Not really, says the American Heart Association. While most people won't have a problem, shoveling snow can put some people at risk of heart attack. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a big strain on the heart. Pushing a heavy snow blower also can cause injury.

And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion



Know the signs of a heart attack and stop immediately and call **911** if you're experiencing any of them; every minute counts!



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



**Hours:**  
8am—4:30pm  
Monday—Thursday

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

Do you follow us on  
**Facebook?!**  
“Wells County District Health  
Unit”



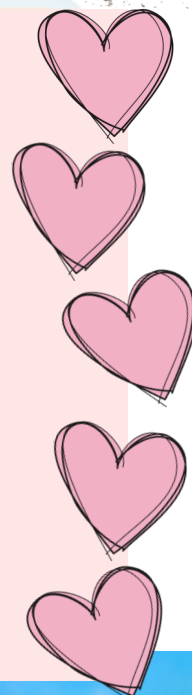
**NDQuits**  
1.800.QUIT.NOW  
[www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits)  
1.866.388.7848



What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ⇒ Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- ⇒ Cook meals that are low in sodium and unhealthy fats.
- ⇒ Take your medications as prescribed and keep your medical appointments.
- ⇒ Sleep 7-8 hours a night.
- ⇒ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ⇒ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.



## Did you know?

About 1 in 3 adults will develop  
Shingles in their lifetime.

*We can help!*  
Call us to inquire & schedule!

**READY TO  
QUIT VAPING?**  
text **VAPEFREEAL** to **88709**



Join the 400,000 using This is Quitting.

## WIC comes to the Harvey office every second Tuesday of the month!

- >>WIC is a nutrition and breastfeeding program.
- >>WIC helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.
- >>WIC provides nutrition and breastfeeding education and counseling; free, healthy foods; and referrals to health and other social services.

Now accepting new clients: call 701-662-7043



## FREE DRUG DISPOSAL POUCH



Contact us for free prescription disposal products! These bags or deactivators allow you to dispose of your unused/expired prescriptions safely!

**SAVE A LIFE  
CARRY  
NALOXONE**



### Candidates for naloxone are those who:

- Take high doses of opioids for long-term management of chronic pain
- Receive rotating opioid medication regimens
- Have been discharged from emergency medical care following opioid poisoning or intoxication
- Take certain extended-release or long-acting opioid medication
- Those who have had a period of abstinence to include those recently released from incarceration.

**Visit us to get your free box of Narcan!**