

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**December 1** - World AIDS Day

**December 1-7** - National Handwashing Awareness Week

**December 3** - International Day of People with Disability

**December 5-11** - National Influenza Vaccination Week

**December 21** - Start of Winter (Winter Solstice)

**December 24** - Christmas Eve (Office Closed)

**December 25** - Christmas Day

**December 31** - New Year's Eve (Office Closed)

## Monthly Awareness

National Safe Toys and Gifts Month

National Drunk and Drugged Driving Prevention Month



*Above: Be safe this Holiday season when you do your online shopping.*

## Remember Online Safety When Shopping This Holiday Season

December means Christmas and Christmas means online shopping. And online shopping has the potential to open you to hackers, scammers and online thieves. This Christmas, be more secure when you shop.

### Check Your Devices

- Make sure the software on your devices (mobile phone, computer, tablet, etc.) is up to date.
- Once you've purchased a device that connects to the Internet, change the default password to a complex one. Consider keeping track of your passwords with a password managing app.
- Check your devices' privacy and security settings to understand how your information is used/stored. Make sure you're not sharing more information than you need to provide.
- Enable automatic software updates where applicable.

### Shop Via Trusted Sources

- Before providing personal/

financial information, make sure your vendor is established and reputable.

- Verify website legitimacy.
- Don't connect to unsecure public Wi-Fi, especially for banking or shopping.
- Be aware of phishing emails that look like they're from retailers. These may contain malicious links.
- Don't click links or download attachments unless you're confident where they came from.
- Never provide password, personal or financial information in response to an unsolicited email.
- Make sure your information is being encrypted. Look for URLs beginning with "https:" instead of "http:" and a closed padlock

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[www.emmonsnd.com/public-health.html](http://www.emmonsnd.com/public-health.html)  
[facebook.com/ECPH.gov](https://facebook.com/ECPH.gov)

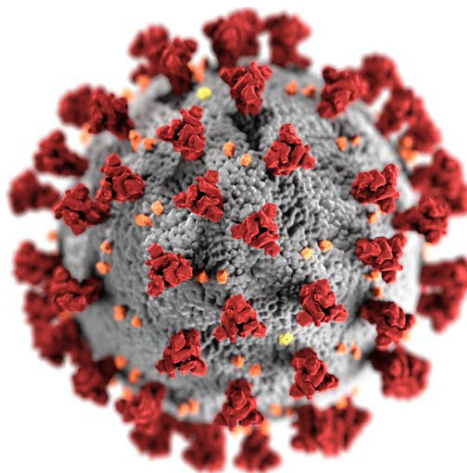


# Start 2022 By Being Fully Vaccinated for COVID-19

By completing your initial series in December, or by receiving a booster dose, you are ensuring you are protected against COVID-19 as you start the new year.

Getting a COVID vaccination is easy. Anyone over the age of 18 is eligible for a booster dose. There are also a number of vaccine events that are being conducted in the community. You can register online, over the phone or in person at the event. Currently, there are no longer long wait times to receive vaccines. And the FDA has authorized mixing and matching booster doses - you can receive a different booster than your primary series.

There have been about 765,000 COVID-19 deaths throughout the United States, with about 1,900 of those deaths happening in North Dakota. Overall, more than 155,000 people have tested positive for COVID-19 in the state, with more than 47,000,000 people testing positive for COVID-19



nationally.

In November, the U.S. Food and Drug Administration authorized the use of the Pfizer vaccine for children ages 5-11.

Emmons County Public Health is able to provide both Pfizer and Moderna vaccinations. The supply of Johnson and Johnson vaccine continues to be mostly scarce in North Dakota.

If you need help finding vaccine outside of Emmons County, visit <https://www.vaccines.gov/search/>. To visit North Dakota's Vaccination Registration site, go to <https://www.ndvax.org/>. To receive three vaccine sites on your phone (message and data rates may apply):

- Text GETVAX to 438829 for English.
- Text VACUNA to 822862 for Spanish.

For assistance in scheduling a vaccine appointment in Emmons County, call (701) 254-4027. For assistance in scheduling a vaccine appointment outside the county, call the North Dakota Department of Public Health Hotline at 1-866-207-2880 from 8 a.m. to 5 p.m., Monday through Friday. Please note that when seeking specific health information, it is best to speak with your health provider.

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### Use Safe Methods of Purchases

- Use a credit card versus a debit card. There are laws to limit your liability for fraudulent credit card charges, but you may not have the same level of protection for debit cards.
- Check your credit card and bank statements for fraudulent charges.
- Be wary of emails requesting personal information.
- If you receive a suspicious email that you think may be a phishing scam, you can report it at [us-cert.gov/report-phishing](https://us-cert.gov/report-phishing).

Learn more at <https://www.cisa.gov/shop-safely>.

Visit [ready.gov/winter-weather](https://ready.gov/winter-weather)  
for winter weather safety:

- \* Winter weather terminology
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