

# Highlight on Health

*An Emmons County Public Health Publication*

## Public Health

**Healthy Baby Clinic** - 2nd Monday of the month, 3-6 p.m.

## Important Dates

**May 1** - World Asthma Day

**May 5** - Hand Hygiene Day

**May 7** - Melanoma Monday

**May 9** - National School Nurse Day

**May 13** - Mother's Day

**May 13-19** - National Women's Health Week

**May 18** - HIV Vaccine Awareness Day

**May 21-25** - Healthy and Safe Swimming Week

**May 25** - Heat Safety Awareness Day

**May 28** - Memorial Day

**May 31** - World No Tobacco Day



**The 2018 National Women's Health Week begins on Mother's Day, May 13, and concludes on May 19.**

## Universal Tips and Approaches for Women's Health Week

Whether you are 20 or 100, there are universal steps you can take for good health.

The 2018 National Women's Health Week, the 19th annual celebration, kicks off on May 13, Mother's Day, and is observed through May 19. During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.

There are a number of ways you can improve your physical and mental health:

- Visit your healthcare provider for a well-woman visit (checkup) and [preventive screenings](#).
- [Eat healthy](#) and [Get active](#).
- Pay attention to [mental health](#), including getting enough sleep and managing stress.
- Avoid unhealthy behaviors such as [smoking](#), [texting while driving](#), and not wearing a seatbelt or bicycle helmet.

The Office on Women's Health invites you to:

- Learn what [steps you can take for good health, no matter your age](#).
- Show your friends how you're making your health a priority with [social media resources](#). Use the #NWHW hashtag.
- Show support for women's health by joining the [National Women's Health Week Thunderclap](#).
- Organize [events or activities](#) in your community.

Source: [www.womenshealth.gov](http://www.womenshealth.gov)



# ECPH to Hold Pre-Diabetes Screening

Emmons County Public Health will be conducting a free Pre-Diabetes screening on Tuesday, May 8. The screening will be conducted from 8-11 a.m. at the Prairie Rose apartments, located at 516 North Broadway in Linton.

The screening is a walk-in clinic and you are not required to schedule an appointment. If you would like to participate in the screening, you will need to fast the night before the event.

# Don't Fry on Memorial Day Weekend

Be Safe in the Sun:

1. Do Not Burn - Overexposure to the sun is preventable.
2. Avoid Sun Tanning and Tanning Beds - UV light causes skin cancer and wrinkling.
3. Cover Up - Wear protective clothing, hats and sunglasses.
4. Seek Shade/Use Umbrellas - UV rays are strongest from 10 a.m. to 4 p.m.
5. Generously Apply Sunscreen - Use SPF 30 sunscreen providing broad-spectrum protection from UVA and UVB rays.
6. Use Extra Caution Near Water, Snow and Sand - Water, snow and sand reflect the sun's rays.
7. Check the UV Index - visit [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html).

# Hepatitis Awareness Starts with Getting Tested

May is Hepatitis Awareness Month and May 19th is national Hepatitis Testing Day in the United States. Millions of Americans have chronic viral hepatitis and most of them do not know they are infected. Hepatitis Awareness Month is an opportunity to remind health care providers and the public to get tested for hepatitis.

Four Things You Should Know About Viral Hepatitis:

- Hepatitis A, hepatitis B and hepatitis C are all different diseases.
- Each type of hepatitis is caused by a different virus and spread in different ways. Hepatitis A does not cause a long-term infection, although it can make people very sick. Hepatitis B and Hepatitis C can become chronic, life-long infections and lead to serious health problems.
- Chronic hepatitis is a leading cause of liver cancer. Chronic Hepatitis B and C can cause serious damage to the liver, including liver damage, cirrhosis, and even liver

cancer. In fact, more than 60 percent of liver cancer cases are related to Hepatitis B or C.

- Most people with chronic Hepatitis do not know they are infected.

More than four million Americans are living with chronic hepatitis in the United States, but most do not know they are infected. Many people live with chronic hepatitis for decades without symptoms or feeling sick.

Getting tested could save your life.

Lifesaving treatments are available for chronic hepatitis B and new treatments are available that can cure hepatitis C. Still, getting tested is the only way to know if you could be infected.

Hepatitis A, B, and C are often spread through exposure to blood and bodily fluids. Exposure to these viruses can take place if you use or share needles, are exposed to infected blood or bodily fluids, or obtain piercings or tattoos in a non-sterile environment.

## Does This Look Familiar?

A new tobacco product has been seen in our North Dakota schools. Kids call it "juuling" and the product closely resembles a flash drive. One JUUL pod is equal to one pack of cigarettes or 200 puffs. This product contains nicotine. You must be 18 or older to purchase a JUUL or the JUUL Pods. For more information go to <https://www.breathend.com/uploads/1197/JUULinfo.pdf>

